AIR FRYER COOKBOOK FOR BEGINNERS 2021

Cooking Mom

600

Most Wanted Affordable, Quick & Easy Air Fryer Recipes for Smart People | Bake, Grill, Fry, and Roast Meals

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Choco-Peanut Mug Cake
Coco-Lime Bars

Coconut ‘n Almond Fat Bombs
Coconutty Lemon Bars
Coffee ‘n Blueberry Cake
Coffee Flavored Cookie Dough
Coffee Flavored Doughnuts
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Oriental Coconut Cake
Pecan-Cranberry Cake
Poppy Seed Pound Cake
Pound Cake with Fresh Apples
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Raspberry-Coco Desert
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Introduction

What is An Air Fryer?

Surely, you have seen the ads of the oil-free fryers or have heard your friends and family talk about how they have cooked with these appliances, since air fryers are all the rage. Oil-free fryers have conquered the palate of many people, because they cook food quickly and in a healthier way.

Now, the air fryer is basically a small convection cooker for your kitchen counter. It circulates hot air between foods to cook quickly. While the air fryer has a removable basket like a fryer, instead of putting the food in hot oil, the food in the basket is cooked by the heat of the air circulating around it.

How Does Air Fryer Work?

Air fryers use a system that makes hot air circulate at high speed to cook food. Actually, the air fryers are like a small oven that can reach up to 360 degrees Fahrenheit to "fry" food evenly, without the need to use oil.

Why Use an Air Fryer?

The benefits of using an air fryer are that there are no splashes, smoke or odors. It is also healthy way of cooking, since by not using oil, you will be eating foods low in calories and fat.

With the air fryers, you can cook all kinds of food, ranging from fish, croquettes, potatoes, meat, chicken and even a cake. Depending on the model and recipe, you may need to add some oil to the fryer.

The fryer stands out from its competitors' appliances because it offers a low-fat version of foods such as french fries, fried chicken and onion rings. Because some healthy foods tend to have an unbeatable taste, fryers produce foods with a delicious taste and touch in the mouth. The fryer can be used in many ways to help make your hectic everyday life more manageable.

Whether you want to fry, bake, broil or toast the ingredients, the fryer can do it all. You can cook without oil, prepare multiple dishes at once and its parts can be easily removed for cleaning. Buyers love the variety of fryer cooking options that allow them to prepare any type of food at any time of the day.

Accompanied with a step-by-step guide that will help you perfect your food, the fryer is easy to use and assemble.

The basket fits perfectly to the tray, which can then fit into the device. The hot air circulation and the timer make cooking with the fryer easy for professional and amateur chefs.

Once you decide what you want to make, place your ingredients in the basket and set your fryer to the empty timer.

Then the hot air comes into operation and eventually, you will hear a sound from the prepared sound indicator that your food is ready.

You can't figure out what to cook? The fryers come with a recipe booklet that offers you dozens of ideas on what to prepare with the fryer. With simple instructions and a recipe guide, the first time you use a fryer should be simple and hassle-free. When you have difficulty deciding what to do with your air fryer, think about your daily meals that you do with other appliances.

The air fryer can serve as a substitute for the fryer, stove and oven. Fryers are mainly used for:

Frying

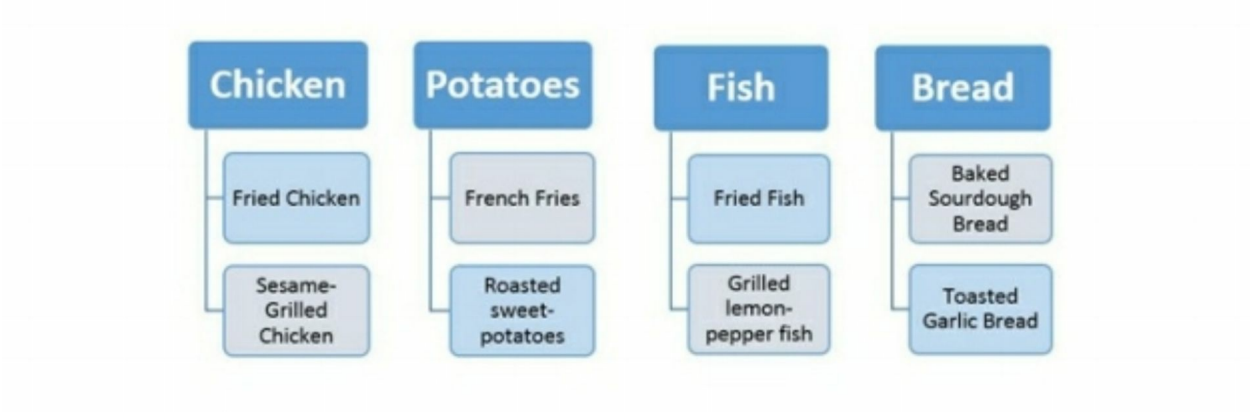
Roast

Baking

The useful parts that make up the air fryer are what allows you to fry, broil, bake and broil; all in one device. For example, a fryer, a grill, a double basket are provided with the fryer. This makes it easy to change the grill and insert baking sheets or remove the grill to fry the ingredients in the basket.

How to Use an Air Fryer

There are many ways to use an air fryer. Many foods with a fryer can be cooked in several ways. Here are some food ideas that can be cooked in multiple ways with an air fryer.



Once you have become accustomed to the fryer, you can also try the use of dehydrators with air fryer and advanced cooking with the baking sheets of the air fryer.

Grill in a fryer

The best part of grilling with your fryer is that you don't have to continually flip your ingredients to get the same warming. All you have to do is shake the pan in the middle of the time warming session. Hot air flows through the interior of the appliance, heating all sides of the food.

Most fryers come with a layer of grill or a grill with handle. This facilitates the insertion and extraction of food from the fryer. The surface of the grill can quickly absorb excess fat dripping from the high-performance fryer ingredients, leaving it with healthy grilled foods perfectly.

Bake in a fryer

Baking in an air fryer is something you don't hear every day. With most air fryers, you can use the baking sheet provided to prepare treats, muffins, brownies, cupcakes and bread.

Whether you want to prepare a good homemade or bake preheated food, the fryer will allow you to do everything. Baking with an air fryer usually takes between 15 minutes and up to 30 minutes.

Roast in a fryer

Too busy to prepare dinner for your appointment? Don't worry. With your air fryer, you can grill your meat and vegetables for the perfect romantic dinner. The fryer will not only produce quality toasted foods, but will also toast your food 20 percent faster than your oven. Of course, you can always fry food in an air fryer. This appliance will give your food the same crunchy and delicious taste as an oil fryer.

However, the most important factor that distinguishes an air fryer from other fryers is that their fried foods can make up to 80 percent less fat than foods cooked in other fryers.

No Oil is Needed with an Air Fryer

Oil is not needed when preparing food with the air fryer. Although many people take advantage of the fact that they do not use oil with an air fryer, they can still use it with the fryer. However, you should mix the oil with your ingredients before putting them in the fryer.

Oil cannot be Placed inside the Fryer Pan.

Add cooking oil before frying, you will add an additional crunchy layer to your meal. Most American range fryer oils can be used with an air fryer. Some common oils are canola, sunflower, olive and peanut oil.

Multiple Dishes at Once

With an air fryer, you can prepare multiple ingredients at the same time. The separator that some of them come with will allow you to divide the ingredients in the basket or tray and cook both foods at the same time.

However, before cooking multiple foods, you must ensure that both foods require the same heating temperature so that both can cook evenly. For example, preparing grilled potatoes and shrimp would have different temperature settings because shrimp would not need a temperature setting as high as potatoes.

What You Need to Know About Air Frying

Fried foods are the ultimate comfort foods. But with recent studies linking greasy foods to heart attacks, obesity, and diabetes, many are now staying away from enjoying them completely. However, completely avoiding fried foods can be difficult, especially if you love munching these little snacks. Now, you don't have to worry because you can always enjoy your favorite fried foods without the need to use any grease. How? Through air frying, of course!

Air frying has become the latest craze in making greasy comfort foods healthier. It is done in a kitchen appliance–an air fryer–that cooks food by circulating hot air of up to 390 0F (200 0C) at high speed around it to create a crispy layer much like you are cooking with oil. Health conscious people who still don’t want to give up their favorite fried foods can take advantage of air fryer-ed foods.

The Benefits of Air Frying

Besides providing us comfort and satisfaction, eating fried foods provide little benefits. But with an air fryer, anyone can whip up healthy and satisfying foods minus any guilt. There are many benefits of air frying food instead of cooking them in a conventional deep fryer. Below are the benefits of why you should air fry your foods more often.

- **Versatile**: An air fryer is not only a fryer, so you can use it to cook different types of foods. You can use it to bake bread, make popcorn, or even make roasted vegetables.

- **Cost effective**: Since you don't use any oil in cooking your food, you can save a lot of money from buying cooking oil.

- **Easy to cook:** Never mind if you are a kitchen novice. Since air fryers are digital, it requires less skill so you can cook delicious dishes even if you are not good at cooking.

- **Fewer calories**: Since you do not add any oil to cook your food compared to traditional frying methods, you don't add a few calories to cook your food. Remember that a cup of oil is already equivalent to 800 calories alone, so deep frying increases the caloric value of your food to a dangerously high level.

The thing is that there are many benefits of air frying and if you decide to make a simple change in your diet by only eating fried foods that are cooked in an air fryer, you will be able to enjoy a healthier and more convenient life.

Best Practices When Air Frying

While it is easy to use an air fryer, using it for the first time can present some challenges. But this should not scare you from air frying your foods. After all, you get more health benefits than actual frying your food in oil. Below are the best practices and tips that you can do to successfully air fry your favorite foods.

- **Shake the basket**: To distribute the ingredients within the basket, you can shake the basket a few times while cooking.

- **Spray a little amount of oil**: If you are not satisfied with how brown your food is, you can spray oil halfway through the cooking process. Make sure that you spray the food lightly and not lather it with oil. Preheat the air fryer before you place your food inside: Just like cooking in an oven, you need to preheat your air fryer so that your food will cook properly. Turn the air fryer on and preheat for at least three minutes.

- **Never put too many foods inside the basket**: While it is very tempting to cook more food at a time, overcrowding your air fryer prevents the hot air from circulating properly within the fryer thus you end up with food that is not evenly brown or crispy.

- **Add water to the air fryer drawer**: If you are cooking greasy foods, add water to the air fryer drawer located under the basket. This prevents the grease from getting too hot and causing it to smoke.

- **Hold your food properly**: Since air fryers have strong fans that can blow off light food particles, secure them in place using toothpicks. If food gets stuck on the fan or the heating element of the fryer, they might get burned and will cause smoke to form during the cooking process. Flip your food: Halfway through the Cooking Time, flip your food over just as you would when cooking on a grill. This will

ensure that the food will brown evenly on all sides.

- **Press the breading on your food firmly:** An air fryer has a strong fan that can blow off parts of your food thus if you are putting breading on your food, make sure that you press it firmly to help it stay in place while you are cooking.

- **Use oven-safe accessories**: When cooking with an air fryer, use oven-safe accessories like small baking pans or tins where you can place your food. Oven-safe accessories can withstand extremely high temperatures, so they don’t get damaged once you are cooking your food.

Air Fryer Accessories Advantages

Air fryer accessories come in different shapes and functions. Air fryer accessories can take your air fryer into the next level as you can prepare all kinds of foods aside from frying them. There are many types of air fryer accessories that you can get, and they will help you create meals that you would never think possible that you can make in an air fryer. These include baked goodies, grilled, and even barbecued meats.

So, here is a quick list and description of each air fryer accessory available in the market. It also includes how to use it and when best to use it.

Skewers on Double Layer Rack

The double layer rack accessory allows you to maximize the cooking space within the fryer. You can bake, fry, or grill fish, chicken, pork, or beef on the bottom rack while cook another type of food on the upper rack such as burgers and sausages. This accessory also comes with four skewers so that you can make kabobs, meat on skewers, and grill.

All there is to it is to put all the food on the rack and slide the entire thing–rack, food, and all–and cook according to cooking instructions. This is a great accessory for expanding the usefulness of your air fryer and also in making combos at a lesser amount of time. You will be surprised by how much food will fit in your air fryer using this accessory.

The rack is dishwasher safe, thus clean-up is a breeze as it is dishwasher-friendly. It is also compatible with most air fryer models but makes sure that you ask the store where you are buying it if it is compatible with the brand and model of air fryer that you have.

Grill Pan

The grill pan comes with a rapid air technology design thanks to the perforated surface that makes it ideal for the air to flow throughout the food while grilling. Air fryers are not only good for frying food without oil. Use the air fryer grill pan so that you can make perfectly grilled fish, meat, and vegetables. It is not only used for grilling but also searing and browning foods.

Since the grill pan is placed at the bottom of the air fryer, it comes with an Easy Click removable handle so that you can place the grill pan in the air fryer or take them out to clean. The perforations on the surface of the grill pan also allow the extra fat to drip away so that you can make the perfect grilled surface on the meat. Moreover, the surface of the grill pan is non-stick so that you can easily remove the food from the pan. It also has a very large enough surface so that you can grill a big steak fish, a whole fillet of fish, and a generous amount of vegetables.

Baking Dish

The air fryer baking dish or pan does not only help you cook baked goodies such as cakes and bread, but you can also cook quiche, lasagna, shepherd's pie, and other deep-dish recipes that you usually cook in an oven. It comes with a non-stick surface, thus clean-up is effortless as it is also dishwasher safe. The non-stick surface also ensures that you can easily take out your food, so you get perfect results all the time.

The air fryer baking dish allows you to use your air fryer as an oven to bake cakes, muffins, and bread. The baking dish While some people use heat-proof dishes for their air fryers, using the right baking dish for your air fryer ensures that you can cook your recipes properly as they are designed to ensure that proper air flow is distributed within the air fryer to cook the food evenly.

As there are so many brands of air fryers available in the market, it is important to choose an air fryer accessory that will be compatible with your air fryer. Thus, it is crucial to check with the store whether the air fryer accessory that you want to buy is compatible with the brand and model of the air fryer that you have.

Tips on Cleaning

Cleaning the air fryer is easy, and it does not require you to do a lot of complicated tasks. The first thing that you need to do is to unplug the air fryer before cleaning to prevent electrocution. The basket is dishwasher-friendly, so you can take it out from the fryer's chamber and clean them in the sink or the dishwasher.

Once you remove the fryer basket, give extra attention to the base of the fryer where most of the drippings from the food have collected and dried. Make sure that you remove the browning that has accumulated at the base as this can lead to burning in future cooking. You can remove the browning by spraying it with warm soapy water and allowing it to soak for at least an hour. This will soften the browning, so you can easily wipe it clean. Aside from taking care of the inside of the air fryer, it is also important to clean the exterior using a warm moist cloth.

Air Fryer Cooking Chart

Over time, many manufacturers have tweaked the cooking settings of the air fryer to suit their different inventions. However, you will have many recipes falling along the time and temperature patterns as the chart below.

It is essential to read your manufacturer's time and temperature instructions and then, you can adjust both to fit the recipe in question to ensure that you have well-cooked meals. Also, work with a food thermometer to aid you in reaching the accurate internal temperature of meats and seafood for safe consumption.

Vegetables

	Temp (°F)	Time (mins)		Temp (°F)	Time (mins)
Asparagus (1-inch slices)	400 °F	5	**Onions (quartered)**	400 °F	11
Beets (whole)	400 °F	40	**Parsnips (½-inch chunks)**	380 °F	15
Bell Peppers (1-inch chunks)	400 °F	15	**Pearl Onions**	400 °F	10
Broccoli (florets)	400 °F	6	**Potatoes (whole baby pieces)**	400 °F	15
Broccoli Rabe (chopped)	400 °F	6	**Potatoes (1-inch chunks)**	400 °F	12
Brussel Sprouts (halved)	380 °F	15	**Potatoes (baked whole)**	400 °F	40
Cabbage (diced)	380 °F	15	**Pumpkin (½-inch chunks)**	380 °F	13
Carrots (halved)	380 °F	15	**Radishes**	380 °F	15
Cauliflower (florets)	400 °F	12	**Squash (½-inch chunks)**	400 °F	12
Collard Greens	250 °F	12	**Sweet Potato (baked)**	380 °F	30 to 35
Corn on the cob	390 °F	6	**Tomatoes (halves)**	350 °F	10
Cucumber (½-inch slices)	370 °F	4	**Tomatoes (cherry)**	400 °F	4
Eggplant (2-inch cubes)	400 °F	15	**Turnips (½-inch chunks)**	380 °F	15
Fennel (quartered)	370 °F	15	**Zucchini (½-inch sticks)**	400 °F	12
Green Beans	400 °F	5	**Mushrooms (¼-inch slices)**	400 °F	5
Kale (halved)	250 °F	12			

Chicken

	Temp (°F)	Time (mins)		Temp (°F)	Time (mins)
Breasts, bone in (1 ¼ lb.)	370 °F	25	**Legs, bone-in (1 ¾ lb.)**	380 °F	30
Breasts, boneless (4 oz)	380 °F	12	**Thighs, boneless (1 ½ lb.)**	380 °F	18 to 20
Drumsticks (2 ½ lb.)	370 °F	20	**Wings (2 lb.)**	400 °F	12
Game Hen (halved 2 lb.)	390 °F	20	**Whole Chicken**	360 °F	75
Thighs, bone-in (2 lb.)	380 °F	22	**Tenders**	360 °F	8 to 10

Beef

	Temp (°F)	Time (mins)		Temp (°F)	Time (mins)
Beef Eye Round Roast (4 lb.s.)	400 °F	45 to 55	**Meatballs (1-inch)**	370 °F	7
Burger Patty (4 oz.)	370 °F	16 to 20	**Meatballs (3-inch)**	380 °F	10
Filet Mignon (8 oz.)	400 °F	18	**Ribeye, bone-in (1-inch, 8 oz)**	400 °F	10 to 15
Flank Steak (1.5 lb.s)	400 °F	12	**Sirloin steaks (1-inch, 12 oz)**	400 °F	9 to 14
Flank Steak (2 lb.s)	400 °F	20 to 28			

Pork & Lamb

	Temp (°F)	Temp (mins)		Temp (°F)	Temp (mins)
Bacon (regular)	400 °F	5 to 7	**Pork Tenderloin**	370 °F	15
Bacon (thick cut)	400 °F	6 to 10	**Sausages**	380 °F	15
Pork Loin (2 lb.)	360 °F	55	**Lamb Loin Chops (1-inch thick)**	400 °F	8 to 12
Pork Chops, bone in (1- inch, 6.5 oz)	400 °F	12	**Rack of Lamb (1.5 – 2 lb.)**	380 °F	22

Fish & Seafood

	Temp (°F)	Time (mins)		Temp (°F)	Time (mins)
Calamari (8 oz)	400 °F	4	**Tuna Steak**	400 °F	7 to 10
Fish Fillet (1-inch, 8 oz)	400 °F	10	**Scallops**	400 °F	5 to 7
Salmon, fillet (6 oz)	380 °F	12	**Shrimp**	400 °F	5

Swordfish steak	400 °F	10			

Frozen Foods

	Temp (°F)	Time (mins)		Temp (°F)	Time (mins)
Breaded Shrimp	400 °F	9	**French Fries (thick - 17 oz)**	400 °F	18
Chicken Nuggets (12 oz)	400 °F	10	**Mozzarella Sticks (11 oz)**	400 °F	8
Fish Sticks (10 oz.)	400 °F	10	**Onion Rings (12 oz)**	400 °F	8
Fish Fillets (½-inch, 10 oz)	400 °F	14	**Pot Stickers (10 oz)**	400 °F	8
French Fries (thin - 20 oz)	400 °F	14			

Measurement Conversion Charts

Volume Equivalents(Liquid)

US STANDARD	US STANDARD(OUNCES)	METRIC(APPROXIMATE)
2 TABLESPOONS	1 fl.oz.	30 mL
1/4 CUP	2 fl.oz.	60 mL
1/2 CUP	4 fl.oz.	120 mL
1 CUP	8 fl.oz.	240 mL
1 1/2 CUP	12 fl.oz.	355 mL
2 CUPS OR 1 PINT	16 fl.oz.	475 mL
4 CUPS OR 1 QUART	32 fl.oz.	1 L
1 GALLON	128 fl.oz.	4 L

Volume Equivalents (DRY)

US STANDARD	METRIC (APPROXIMATE)
1/8 TEASPOON	0.5 mL
1/4 TEASPOON	1 mL
1/2 TEASPOON	2 mL
3/4 TEASPOON	4 mL
1 TEASPOON	5 mL
1 TABLESPOON	15 mL
1/4 CUP	59 mL
1/2 CUP	118 mL
3/4 CUP	177 mL
1 CUP	235 mL
2 CUPS	475 mL
3 CUPS	700 mL
4 CUPS	1 L

Weight Equivalents

US STANDARD	METRIC (APPROXIMATE)
1/2 OUNCE	15g
1 OUNCE	30g
2 OUNCE	60g
4 OUNCE	115g
8 OUNCE	225g
12 OUNCE	340g
16 OUNCES OR 1 POUND	455g

Temperatures Equivalents

FAHRENHEIT (F)	CELSIUS(C) (APPROXIMATE)
250	121
300	149
325	163
350	177
375	190
400	205
425	218
450	232

Air Fryer Seafood Recipes

Air Fried Cod with Basil Vinaigrette

Serves: 4

Cooking Time: 15 minutes

Ingredients

- ¼ cup olive oil
- 4 cod fillets
- A bunch of basil, torn
- Juice from 1 lemon, freshly squeezed
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Season the cod fillets with salt and pepper to taste.

3) Place in the air fryer and cook for 15 minutes at 350F.

4) Meanwhile, mix the rest of the ingredients in a bowl and toss to combine.

5) Serve the air fried cod with the basil vinaigrette.

Nutrition information:

Calories per serving: 235; Carbohydrates: 1.9g; Protein: 14.3g; Fat: 18.9g

Almond Flour Coated Crispy Shrimps

Serves: 4

Cooking Time: 10 minutes

Ingredients

- ½ cup almond flour
- 1 tablespoon yellow mustard
- 1-pound raw shrimps, peeled and deveined
- 3 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) Place all ingredients in a Ziploc bag and give a good shake.

2) Place in the air fryer and cook for 10 minutes at 400F.

Nutrition information:

Calories per serving: 206; Carbohydrates: 1.3g; Protein: 23.5g; Fat: 11.9g

Another Crispy Coconut Shrimp Recipe

Serves: 4

Cooking Time: 20 minutes

Ingredients

- ½ cup flour
- ½ stick cold butter, cut into cubes
- ½ tablespoon lemon juice
- 1 egg yolk, beaten
- 1 green onion, chopped
- 1-pound salmon fillets, cut into small cubes
- 3 tablespoons whipping cream
- 4 eggs, beaten
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Season salmon fillets with lemon juice, salt and pepper.

3) In another bowl, combine the flour and butter. Add cold water gradually to on a flat surface to form a sheet.

4) Place the dough on the baking dish and press firmly on the dish.

5) Beat the eggs and egg yolk and season with salt and pepper to taste.

6) Place the salmon cubes on the pan lined with dough and pour the egg over.

7) Cook for 15 to 20 minutes.

8) Garnish with green onions once cooked.

Nutrition information:

Calories per serving: 483; Carbs: 5.2g; Protein: 45.2g; Fat: 31.2g

Apple Slaw Topped Alaskan Cod Filet

Serves: 3

Cooking Time: 15 minutes

Ingredients

- ¼ cup mayonnaise
- ½ red onion, diced
- 1 ½ pounds frozen Alaskan cod
- 1 box whole wheat panko bread crumbs
- 1 granny smith apple, julienned
- 1 tablespoon vegetable oil
- 1 teaspoon paprika
- 2 cups Napa cabbage, shredded
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Brush the fish with oil and dredge in the breadcrumbs.

4) Place the fish on the grill pan and cook for 15 minutes. Make sure to flip th
time.

5) Meanwhile, prepare the slaw by mixing the remaining Ingredients in a bow

6) Serve the fish with the slaw.

Nutrition information:

Calories per serving: 316; Carbs: 13.5g; Protein: 37.8g; Fat: 12.2g

Baked Cod Fillet Recipe From Thailand

Serves: 4

Cooking Time: 20 minutes

Ingredients

- ¼ cup coconut milk, freshly squeezed
- 1 tablespoon lime juice, freshly squeezed
- 1-pound cod fillet, cut into bite-sized pieces
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Place all ingredients in a baking dish that will fit in the air fryer.

3) Place in the air fryer.

4) Cook for 20 minutes at 325F.

Nutrition information:

Calories per serving: 844; Carbohydrates: 2.3g; Protein: 21.6g; Fat: 83.1g

Baked Scallops with Garlic Aioli

Serves: 4

Cooking Time: 10 minutes

Ingredients

- 1 cup bread crumbs
- 1/4 cup chopped parsley
- 16 sea scallops, rinsed and drained
- 2 shallots, chopped
- 3 pinches ground nutmeg
- 4 tablespoons olive oil
- 5 cloves garlic, minced
- 5 tablespoons butter, melted
- salt and pepper to taste

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) Mix in shallots, garlic, melted butter, and scallops. Season with pepper, salt

3) In a small bowl, whisk well olive oil and bread crumbs. Sprinkle over scall

4) For 10 minutes, cook on 390oF until tops are lightly browned.

5) Serve and enjoy with a sprinkle of parsley.

Nutrition information:

Calories per Serving: 452; Carbs: 29.8g; Protein: 15.2g; Fat: 30.2g

Basil ‘n Lime-Chili Clams

Serves: 3

Cooking Time: 15 minutes

Ingredients

- ½ cup basil leaves
- ½ cup tomatoes, chopped
- 1 tablespoon fresh lime juice
- 25 littleneck clams
- 4 cloves of garlic, minced
- 6 tablespoons unsalted butter
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) On a large foil, place all ingredients. Fold over the foil and close by crimpi

4) Place on the grill pan and cook for 15 minutes.

5) Serve with bread.

Nutrition information:

Calories per serving: 163; Carbs: 4.1g; Protein: 1.7g; Fat: 15.5g

Bass Filet in Coconut Sauce

Serves: 4

Cooking Time:15 minutes

Ingredients

- ¼ cup coconut milk
- ½ pound bass fillet
- 1 tablespoon olive oil
- 2 tablespoons jalapeno, chopped
- 2 tablespoons lime juice, freshly squeezed
- 3 tablespoons parsley, chopped
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes

2) Season the bass with salt and pepper to taste

3) Brush the surface with olive oil.

4) Place in the air fryer and cook for 15 minutes at 350F.

5) Meanwhile, place in a saucepan, the coconut milk, lime juice, jalapeno and

6) Heat over medium flame.

7) Serve the fish with the coconut sauce.

Nutrition information:

Calories per serving: 139; Carbohydrates: 2.7g; Protein: 8.7g; Fat: 10.3

Beer Battered Cod Filet

Serves: 2

Cooking Time: 15 minutes

Ingredients

- ½ cup all-purpose flour
- ¾ teaspoon baking powder
- 1 ¼ cup lager beer
- 2 cod fillets
- 2 eggs, beaten
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Pat the fish fillets dry then set aside.

3) In a bowl, combine the rest of the Ingredients to create a batter.

4) Dip the fillets on the batter and place on the double layer rack.

5) Cook for 15 minutes.

Nutrition information:

Calories per serving: 229; Carbs: 33.2g; Protein: 31.1g; Fat: 10.2g

Buttered Baked Cod with Wine

Serves: 2

Cooking Time: 12 minutes

Ingredients

- 1 tablespoon butter
- 1 tablespoon butter
- 2 tablespoons dry white wine
- 1/2 pound thick-cut cod loin
- 1-1/2 teaspoons chopped fresh parsley
- 1-1/2 teaspoons chopped green onion
- 1/2 lemon, cut into wedges
- 1/4 sleeve buttery round crackers (such as Ritz®), crushed
- 1/4 lemon, juiced

Instructions

1) In a small bowl, melt butter in microwave. Whisk in crackers.

2) Lightly grease baking pan of air fryer with remaining butter. And melt for 2

3) In a small bowl whisk well lemon juice, white wine, parsley, and green onio

4) Coat cod filets in melted butter. Pour dressing. Top with butter-cracker mixture.

5) Cook for 10 minutes at 390oF.

6) Serve and enjoy with a slice of lemon.

Nutrition information:

Calories per Serving: 266; Carbs: 9.3g; Protein: 20.9g; Fat: 16.1g

Buttered Garlic-Oregano on Clams

Serves: 4

Cooking Time: 5 minutes

Ingredients

- ¼ cup parmesan cheese, grated
- ¼ cup parsley, chopped
- 1 cup breadcrumbs
- 1 teaspoon dried oregano
- 2 dozen clams, shucked
- 3 cloves of garlic, minced
- 4 tablespoons butter, melted

Instructions

1) In a medium bowl, mix together the breadcrumbs, parmesan cheese, parsley melted butter.

2) Preheat the air fryer to 390F.

3) Place the baking dish accessory in the air fryer and place the clams.

4) Sprinkle the crumb mixture over the clams.

5) Cook for 5 minutes.

Nutrition information:

Calories per serving: 160; Carbs: 6.3g; Protein: 2.9g; Fat: 13.6g

Butterflied Prawns with Garlic-Sriracha

Serves: 2

Cooking Time: 15 minutes

Ingredients

- 1 tablespoon lime juice
- 1 tablespoon sriracha
- 1-pound large prawns, shells removed and cut lengthwise or butterflied
- 1teaspoon fish sauce
- 2 tablespoons melted butter
- 2 tablespoons minced garlic
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the prawns with the rest of the ingredients.

4) Place on the grill pan and cook for 15 minutes. Make sure to flip the prawns time.

Nutrition information:

Calories per serving: 443; Carbs:9.7 g; Protein: 62.8g; Fat: 16.9g

Cajun Seasoned Salmon Filet

Serves: 1

Cooking Time: 15 minutes

Ingredients

- 1 salmon fillet
- 1 teaspoon juice from lemon, freshly squeezed
- 3 tablespoons extra virgin olive oil
- A dash of Cajun seasoning mix
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Place all ingredients in a bowl and toss to coat.

3) Place the fish fillet in the air fryer basket.

4) Bake for 15 minutes at 325F.

5) Once cooked drizzle with olive oil

Nutrition information:

Calories per serving: 523; Carbohydrates: 4.6g; Protein: 47.9g; Fat: 34.8g

Cajun Spiced Lemon-Shrimp Kebabs

Serves: 2

Cooking Time: 10 minutes

Ingredients

- 1 tsp cayenne
- 1 tsp garlic powder
- 1 tsp kosher salt
- 1 tsp onion powder
- 1 tsp oregano
- 1 tsp paprika
- 12 pcs XL shrimp
- 2 lemons, sliced thinly crosswise
- 2 tbsp olive oil

Instructions

1) In a bowl, mix all Ingredients except for sliced lemons. Marinate for 10 mi

2) Thread 3 shrimps per steel skewer.

3) Place in skewer rack.

4) Cook for 5 minutes at 390oF.

5) Serve and enjoy with freshly squeezed lemon.

Nutrition information:

Calories per Serving: 232; Carbs: 7.9g; Protein: 15.9g; Fat: 15.1g

Cajun Spiced Veggie-Shrimp Bake

Serves: 4

Cooking Time: 20 minutes

Ingredients

- 1 Bag of Frozen Mixed Vegetables
- 1 Tbsp Gluten Free Cajun Seasoning
- Olive Oil Spray
- Season with salt and pepper
- Small Shrimp Peeled & Deveined (Regular Size Bag about 50-80 Small Shrimp)

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add all Ingredier with pepper and salt, generously.

2) For 10 minutes, cook on 330oF. Halfway through Cooking Time, stir.

3) Cook for 10 minutes at 330oF.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 78; Carbs: 13.2g; Protein: 2.8g; Fat: 1.5g

Celery Leaves ‘n Garlic-oil Grilled Turbot

Serves: 2

Cooking Time: 20 minutes

Ingredients

- ½ cup chopped celery leaves
- 1 clove of garlic, minced
- 2 tablespoons olive oil
- 2 whole turbot, scaled and head removed
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the turbot with salt, pepper, garlic, and celery leaves.

4) Brush with oil.

5) Place on the grill pan and cook for 20 minutes until the fish becomes flaky.

Nutrition information:

Calories per serving: 269; Carbs: 3.3g; Protein: 66.2g; Fat: 25.6g

Char-Grilled Drunken Halibut

Serves: 6

Cooking Time: 20 minutes

Ingredients

- 1 tablespoon chili powder
- 2 cloves of garlic, minced
- 3 pounds halibut fillet, skin removed
- 4 tablespoons dry white wine
- 4 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) Place all ingredients in a Ziploc bag.

2) Allow to marinate in the fridge for at least 2 hours.

3) Preheat the air fryer to 390F.

4) Place the grill pan accessory in the air fryer.

5) Grill the fish for 20 minutes making sure to flip every 5 minutes.

Nutrition information:

Calories per serving: 385; Carbs: 1.7g; Protein: 33g; Fat: 40.6g

Clams with Herbed Butter in Packets

Serves: 2

Cooking Time: 20 minutes

Ingredients

- ½ cup unsalted butter, diced
- 1 tablespoon dill, chopped
- 1 tablespoon fresh lemon juice
- 1 tablespoon parsley, chopped
- 24 littleneck clams, scrubbed clean
- Lemon wedges
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) On a large foil, place the clams and the rest of the ingredients.

4) Fold the foil and crimp the edges.

5) Place on the grill pan and cook for 15 to 20 minutes or until all clams have

Nutrition information:

Calories per serving: 384; Carbs: 6g; Protein: 18g; Fat: 32g

Cocktail Prawns in Air Fryer

Serves: 1

Cooking Time: 8 minutes

Ingredients

- ½ teaspoon black pepper
- ½ teaspoon sea salt
- 1 tablespoon ketchup
- 1 tablespoon white wine vinegar
- 1 teaspoon chili flakes
- 1 teaspoon chili powder
- 12 prawns, shelled and deveined

Instructions

1) Preheat the air fryer to 390F.

2) Place the shrimps in a bowl.

3) Stir in the rest of the Ingredients until the shrimps are coated with the sauce

4) Place the shrimps on the double layer rack and cook for 8 minutes.

5) Serve with mayonnaise if desired.

Nutrition information:

Calories per serving: 148; Carbs: 9.8g; Protein: 21.9g; Fat: 2.3g

Cornmeal ‘n Old Bay Battered Fish

Serves: 6

Cooking Time: 15 minutes

Ingredients

- ¼ cup flour
- ½ teaspoon garlic powder
- ¾ cup fine cornmeal
- 1 teaspoon paprika
- 2 teaspoons old bay seasoning
- 6 fish fillets cut in half
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 330F.

2) Place the cornmeal, flour, and seasonings in a Ziploc bag.

3) Add the fish fillets and shake until the fish is covered in flour.

4) Place on the double layer rack and cook for 15 minutes.

Nutrition information:

Calories per serving: 239; Carbs: 10.1g; Protein:22.9g; Fat: 11.8g

Crisped Flounder Filet with Crumb Tops

Serves: 4

Cooking Time: 15 minutes

Ingredients

- 1 cup dry bread crumbs
- 1 egg beaten
- 1 lemon, sliced
- 4 pieces of flounder fillets
- 5 tablespoons vegetable oil

Instructions

1) Brush flounder fillets with vegetable oil before dredging in bread crumbs.

2) Preheat the air fryer to 390F.

3) Place the fillets on the double layer rack.

4) Cook for 15 minutes.

Nutrition information:

Calories per serving: 277; Carbs: 22.5g; Protein: 26.9g; Fat: 17.7g

Crispy Coconut Covered Shrimps

Serves: 6

Cooking Time: 6 minutes

Ingredients

- ½ cup almond flour
- 1 cup dried coconut
- 1 cup egg white
- 12 large shrimps, peeled and deveined
- 4 tablespoons butter
- Salt and pepper to taste

Instructions

1) Season the shrimps with salt and pepper.

2) Place all ingredients in a Ziploc bag and shake until well combined.

3) Place the ingredients in the air fryer basket.

4) Close and cook for 6 minutes 400F.

Nutrition information:

Calories per serving:272; Carbohydrates:6.1g; Protein: 15.3g; Fat: 18.7g

Crispy Fish Fingers with Lemon-Garlic Herbs

Serves: 1

Cooking Time: 10 minutes

Ingredients

- ¼ teaspoon baking soda
- ½ pound fish, cut into fingers
- ½ teaspoon crushed black pepper
- ½ teaspoon red chili flakes
- ½ teaspoon salt
- ½ teaspoon turmeric powder
- 1 cup bread crumbs
- 1 teaspoon ginger garlic paste
- 2 eggs, beaten
- 2 tablespoons lemon juice
- 2 teaspoons corn flour
- 2 teaspoons garlic powder
- Oil for brushing

Instructions

1) Preheat the air fryer to 390F.

2) Season the fish fingers with salt, lemon juice, turmeric powder, chili flakes, garlic paste. Add the corn flour, eggs, and baking soda.

3) Dredge the seasoned fish in breadcrumbs and brush with cooking oil.

4) Place on the double layer rack.

5) Cook for 10 minutes.

Nutrition information:

Calories per serving: 773; Carbs: 32.7g; Protein: 64.9g; Fat: 42.5g

Crispy Fried Fish-Paprika Nuggets

Serves: 6

Cooking Time: 25 minutes

Ingredients

- 1 ½ pounds fresh fish fillet, chopped finely
- 1 cup almond flour
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- 2 cloves of garlic, minced
- 2 eggs, beaten
- Salt and pepper to taste

Instructions

1) Place all ingredients in a bowl and mix until well-combined.

2) Form small nuggets using your hands. Place in the fridge to set for 2 hours.

3) Preheat the air fryer for 5 minutes.

4) Carefully place the nuggets in the fryer basket.

5) Cook for 25 minutes at 350F.

Nutrition information:

Calories per serving: 359; Carbohydrates: 21.7g; Protein: 19.1g; Fat: 21.7g

Crispy Lemon-Parsley Fish Cakes

Serves: 3

Cooking Time: 20 minutes

Ingredients

- ½ cup dried coconut flakes
- 1 cup almond flour
- 1 cup cooked salmon, shredded
- 1 tablespoon chopped parsley
- 1 tablespoon lemon juice
- 2 eggs, beaten
- 3 tablespoons coconut oil
- Salt and pepper to taste

Instructions

1) Mix the salmon, almond flour, eggs, salt, pepper, lemon juice and parsley i

2) Form small balls using your hands and dredge in coconut flakes.

3) Brush the surface of the balls with coconut oil.

4) Place in the air fryer basket and cook in a preheated air fryer for 20 minutes

5) Halfway through the Cooking Time, give the fryer basket a shake.

Nutrition information:

Calories per serving: 490; Carbohydrates: 9.9g; Protein: 35.5g; Fat: 34.2g

Crispy Shrimps The Cajun Way

Serves: 3

Cooking Time: 8 minutes

Ingredients

- ¼ teaspoon cayenne pepper
- ¼ teaspoon smoked paprika
- ½ pound tiger shrimps,
- ½ teaspoon old bay seasoning
- 3 tablespoons olive oil
- A pinch of salt

Instructions

1) Preheat the air fryer for 5 minutes.

2) Toss all ingredients in a bowl that will fit the air fryer.

3) Place the shrimps in the air fryer basket and cook for 8 minutes at 390F.

Nutrition information:

Calories per serving: 213; Carbohydrates: 0.3g; Protein: 15.4g; Fat: 16.7g

Crispy Spicy-Lime Fish Filet

Serves: 4

Cooking Time: 15 minutes

Ingredients

- 1 egg white, beaten
- 1 tablespoon lime juice, freshly squeezed
- 1 teaspoon lime zest
- 2 fish fillets, cut into pieces
- 2 tablespoon olive oil
- 5 tablespoons almond flour
- A dash of chili powder
- Salt and pepper to taste

Instructions

1) Preheat the air fryer.

2) Place all ingredients in a Ziploc bag and shake until all ingredients are well

3) Place in the air fryer basket.

4) Cook for 15 minutes at 400F.

Nutrition information:

Calories per serving: 192; Carbohydrates: 9.63g; Protein: 8.14g; Fat: 13.14g

Cumin, Thyme ‘n Oregano Herbed Shrimps

Serves: 4

Cooking Time: 6 minutes

Ingredients

- ¼ teaspoon cayenne pepper
- ¼ teaspoon red chili flakes
- 1 teaspoon cumin
- 1 teaspoon oregano
- 1 teaspoon salt
- 1 teaspoon thyme
- 2 tablespoons coconut oil
- 2 teaspoons cilantro
- 2 teaspoons onion powder
- 2 teaspoons smoked paprika
- 20 jumbo shrimps, peeled and deveined

Instructions

1) Preheat the air fryer to 390F.

2) Season the shrimps with all the Ingredients.

3) Place the seasoned shrimps in the double layer rack.

4) Cook for 6 minutes.

Nutrition information:

Calories per serving: 220; Carbs: 2.5g; Protein: 34.2g; Fat: 8.1g

Crispy and Spicy Hot Shrimps

Serves: 6

Cooking Time: 5 minutes

Ingredients

- ½ teaspoon ground black pepper
- ½ teaspoon salt
- 1 teaspoon chili flakes
- 1 teaspoon chili powder
- 12 fresh prawns, peeled and deveined
- 4 tablespoons olive oil

Instructions

1) Preheat the air fryer for 5 minutes.

2) Toss all ingredients in a bowl that will fit the air fryer.

3) Place the shrimps in the air fryer basket and cook for 5 minutes at 400F.

Nutrition information:

Calories per serving: 156; Carbohydrates: 0.8g; Protein: 15.3g; Fat: 10.2g

Dijon Mustard ‘n Parmesan Crusted Tilapia

Serves: 2

Cooking Time: 15 minutes

Ingredients

- 1 tablespoon lemon juice
- 1 teaspoon prepared horseradish
- 1/4 cup dry bread crumbs
- 2 tablespoons grated Parmesan cheese, divided
- 2 teaspoons butter, melted
- 2 teaspoons Dijon mustard
- 2 tilapia fillets (5 ounces each)
- 3 tablespoons reduced-fat mayonnaise

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Place tilapia in a

2) In a small bowl, whisk well mayo, lemon juice, mustard, 1 tablespoon chee of fish.

3) In another bowl, mix remaining cheese, melted butter, and bread crumbs. S

4) For 15 minutes, cook on 390oF.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 212; Carbs: 7.0g; Protein: 28.0g; Fat: 8.0g

Drunken Skewered Shrimp, Tomatoes ‘n Sausages

Serves: 6

Cooking Time: 20 minutes

Ingredients

- 1/2 teaspoon dried crushed red pepper
- 1/2 teaspoon freshly ground black pepper
- 12 1-inch-long pieces andouille or other fully cooked smoked sausage
- 12 2-layer sections of red onion wedges
- 12 cherry tomatoes
- 12 uncooked extra-large shrimp (13 to 15 per pound), peeled, deveined
- 2 tablespoons chopped fresh thyme
- 3/4 cup olive oil
- 3/4 teaspoon salt
- 4 large garlic cloves, pressed
- 4 teaspoons Sherry wine vinegar
- 5 teaspoons smoked paprika*
- Nonstick vegetable oil spray

Instructions

1) In medium bowl, mix well red pepper, black pepper, salt, wine vinegar, sm

oil. Transfer half to a small bowl for dipping.

2) Thread alternately sausage and shrimp in skewers. Place on skewer rack on paprika glaze. Cook in batches.

3) For 10 minutes, cook on 360oF. Halfway through **Cooking Time**, baste and turnover skewers.

4) Serve and enjoy with the reserved dip on the side.

Nutrition information:

Calories per Serving: 329; Carbs: 9.8g; Protein: 8.5g; Fat: 28.4g

Easy ‘n Crispy Cod Nuggets

Serves: 6

Cooking Time: 20 minutes

Ingredients

- ½ cup almond flour
- 1 ½ pound cod fillet cut into big chunks
- 1 egg, beaten
- 3 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Season the cod fillets with salt and pepper to taste.

3) Add the eggs and mix to combine.

4) Dredge individual cod chunks into the almond flour and set aside on a plate

5) Brush all sides with olive oil.

6) Place in the fryer basket and cook for 20 minutes at 3750F.

Nutrition information:

Calories per serving: 170; Carbohydrates: 0.9 g; Protein: 18.2g; Fat: 10.4g

Easy Battered Lemony Fillet

Serves: 4

Cooking Time: 15 minutes

Ingredients

- ½ cup almond flour
- 1 egg, beaten
- 1 lemon
- 4 fish fillets
- 4 tablespoons vegetable oil
- Salt and pepper to taste

Instructions

1) Season the fish fillets with lemon, salt, and pepper.

2) Soak in the beaten egg and dredge in almond flour.

3) Place in the air fryer basket.

4) Cook for 15 minutes at 400F.

Nutrition information:

Calories per serving: 469; Carbohydrates: 17.6g; Protein: 15.8g; Fat: 37.3g

Easy Lobster Tail with Salted Butetr

Serves: 4

Cooking Time: 6 minutes

Ingredients

- 2 tablespoons melted butter
- 4 lobster tails
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory.

3) Cut the lobster through the tail section using a pair of kitchen scissors.

4) Brush the lobster tails with melted butter and season with salt and pepper tc

5) Place on the grill pan and cook for 6 minutes.

Nutrition information:

Calories per serving: 170; Carbs: 1.1g; Protein: 25.7g; Fat: 6.9g

Easy Peasy Crispy Catfish Filet

Serves: 4

Cooking Time: 15 minutes

Ingredients

- ¼ cup almond flour
- 1 egg, beaten
- 4 catfish fillets
- 4 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes

2) Season the catfish fillets with salt and pepper to taste.

3) Soak in the beaten eggs and dredge in almond flour.

4) Brush the surface with olive oil

5) Place in the air fryer and cook for 15 minutes at 350F.

Nutrition information:

Calories per serving:308; Carbohydrates: 1.3g; Protein: 28.4g; Fat: 20.6g

Egg Frittata with Smoked Trout

Serves: 6

Cooking Time: 15 minutes

Ingredients

- 1 onion, chopped
- 2 fillets smoked trout, shredded
- 2 tablespoons coconut oil
- 2 tablespoons olive oil
- 6 eggs, beaten
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Place all ingredients in a mixing bowl until well-combined.

3) Pour into a baking dish that will fit in the air fryer.

4) Cook for 15 minutes at 400F.

Nutrition information:

Calories per serving: 254; Carbohydrates: 3.4g; Protein: 14.2g; Fat:20.4g

Fennel Salad Topped with Roast Salmon

Serves: 4

Cooking Time: 10 minutes

Ingredients

- 1 clove of garlic, grated
- 1 teaspoon fresh thyme, chopped
- 1 teaspoon salt
- 2 tablespoons chopped dill
- 2 tablespoons olive oil
- 2 tablespoons orange juice
- 2 teaspoons chopped parsley
- 2/3 cup Greek yogurt
- 4 pieces salmon fillets
- 4 cups sliced fennel

Instructions

1) Preheat the air fryer to 390F.

2) Season the salmon fillets with parsley, thyme, salt, and olive oil. Rub the sp

3) Place the grill pan accessory in the air fryer.

4) Place the fish and cook for 10 minutes.

5) Flip the fish halfway through the **Cooking Time** to brown all sides evenly.

6) While the fish is cooking, prepare the salad by combining the rest of the res

7) Serve the fish with the salad.

Nutrition information:

Calories per serving: 458; Carbs: 9g; Protein: 38g; Fat: 30g

Fried Shrimps with Sweet Chili Sauce

Serves: 1

Cooking Time: 6 minutes

Ingredients

- ½ cup flour
- ½ cup sweet chili sauce
- ½ pound raw shrimps, peeled and deveined
- 1 egg, beaten
- 1 teaspoon chili powder
- Salt and pepper to taste

Instructions

1) Mix together the shrimps and eggs in a bowl. Season with salt and pepper t
2) In another bowl, mix the chili powder and flour.
3) Dredge the shrimps in the flour mixture.
4) Preheat the air fryer to 330F.
5) Place the shrimps on the double layer rack.
6) Cook for 6 minutes.
7) Serve with chili sauce.

Nutrition information:

Calories per serving: 719; Carbs: 81.3g; Protein: 66.4g; Fat: 14.2g

Garlic-Cilantro Over Salmon Steak

Serves: 2

Cooking Time: 15 minutes

Ingredients

- ½ cup Greek yogurt
- 1 cup cilantro leaves
- 1 teaspoon honey
- 2 cloves of garlic, minced
- 2 salmon steaks
- 2 tablespoons vegetable oil
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the salmon steaks with salt and epper. Brush with oil.

4) Grill for 15 minutes and make sure to flip halfway through the Cooking Time.

5) In a food processor, mix the garlic, cilantro leaves, yogurt and honey. Seasc

Pulse until smooth.

6) Serve the salmon steaks with the cilantro sauce.

Nutrition information:

Calories per serving: 485; Carbs: 6.3g; Protein: 47.6g; Fat: 29.9g

Gingery Cod Filet Recipe from Hong Kong

Serves: 2

Cooking Time: 15 minutes

Ingredients

- 2 cod fish fillets
- 250 mL water
- 3 tablespoons coconut aminos
- 3 tablespoons coconut oil
- 5 slices of ginger
- A dash of sesame oil
- Green onions for garnish

Instructions

1) Preheat the air fryer for 5 minutes

2) Place all ingredients except for the green onions in a baking dish.

3) Place in the air fryer and cook for 15 minutes at 400F.

4) Garnish with green onions.

Nutrition information:

Calories per serving: 571; Carbohydrates: 4.3g; Protein: 22.3g; Fat: 51.6g

Grilled Bacon ‘n Scallops

Serves: 2

Cooking Time: 12 minutes

Ingredients

- 1 teaspoon smoked paprika
- 6 bacon strips
- 6 large scallops

Instructions

1) Wrap one bacon around one scallop and thread in a skewer ensuring that it ingredients are used.

2) Season with paprika.

3) Place on skewer rack in air fryer.

4) For 12 minutes, cook on 390oF. Halfway through Cooking Time, turnover skewers.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 72; Carbs: 2.4g; Protein: 1.9g; Fat: 6.0g

Grilled Scallops with Pesto

Serves: 3

Cooking Time: 15 minutes

Ingredients

- ½ cup prepared commercial pesto
- 12 large scallops, side muscles removed
- Salt and pepper to taste

Instructions

1) Place all ingredients in a Ziploc bag and allow the scallops to marinate in th

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the scallops for 15 minutes.

5) Serve on pasta or bread if desired.

Nutrition information:

Calories per serving: 137; Carbs: 7.7g; Protein:15.3 g; Fat: 5g

Grilled Shrimp with Chipotle-Orange Seasoning

Serves: 2

Cooking Time: 24 minutes

Ingredients

- 3 tablespoons minced chipotles in adobo sauce
- salt
- ½-pound large shrimps
- juice of 1/2 orange
- 1/4 cup barbecue sauce

Instructions

1) In a small shallow dish, mix well all Ingredients except for shrimp. Save ¼

2) Add shrimp in dish and toss well to coat. Marinate for at least 10 minutes.

3) Thread shrimps in skewers. Place on skewer rack in air fryer.

4) For 12 minutes, cook on 360oF. Halfway through Cooking.Time, turnover s needed, cook in batches.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 179; Carbs: 24.6g; Protein: 16.6g; Fat: 1.5g

Grilled Squid with Aromatic Sesame Oil

Serves: 3

Cooking Time: 10 minutes

Ingredients

- 1 ½ pounds squid, cleaned
- 2 tablespoon toasted sesame oil
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the squid with sesame oil, salt and pepper.

4) Grill the squid for 10 minutes.

Nutrition information:

Calories per serving: 220; Carbs: 0.9g; Protein: 27g; Fat: 12g

Healthy and Easy to Make Salmon

Serves: 2

Cooking Time: 10 minutes

Ingredients

- ½ of lemon
- 2 teaspoons avocado oil
- 2 teaspoons paprika
- 2 wild caught salmon fillets
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Season the salmon fillets with avocado oil, paprika, salt, and pepper. Drizzl

3) Place the grill pan accessory in the air fryer.

4) Place the salmon fillets and cook for 10 minutes.

5) Be sure to flip the fillets halfway through the Cooking Time.

Nutrition information:

Calories per serving: 382; Carbs: 2.2g; Protein: 66.1g; Fat: 12g

Honey-Ginger Soy Sauce Over Grilled Tuna

Serves: 3

Cooking Time: 20 minutes

Ingredients

- 1 ½ pounds tuna, thick slices
- 1 serrano chili, seeded and minced
- 2 tablespoons grated fresh ginger
- 2 tablespoons honey
- 2 tablespoons peanut oil
- 2 tablespoons rice vinegar
- 2 tablespoons soy sauce

Instructions

1) Place all ingredients in a Ziploc bag.

2) Allow to marinate in the fridge for at least 2 hours.

3) Preheat the air fryer to 390F.

4) Place the grill pan accessory in the air fryer.

5) Grill the fish for 15 to 20 minutes.

6) Flip the fish halfway through the Cooking Time.

7) Meanwhile, pour the marinade in a saucepan and allow to simmer for 10 m

8) Brush the tuna with the sauce before serving.

Nutrition information:

Calories per serving: 357; Carbs:14.8 g; Protein: 44.9g; Fat: 13.1g

Jamaican-Jerk Seasoned Salmon

Serves: 2

Cooking Time: 12 minutes

Ingredients

- 1 ½ tablespoons mayonnaise
- 1 teaspoon grated lime zest
- 1/4 cup sour cream
- 1/4 cup sweetened shredded coconut, toasted
- 2 salmon fillets (6 ounces each)
- 2 teaspoons Caribbean jerk seasoning
- 4 tbsp cream of coconut
- 4 tbsp cup lime juice

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add salmon with top and season with Caribbean jerk.

2) For 12 minutes, cook on 330oF.

3) On medium low fire, place a pan and bring lime juice, lime zest, cream of c simmer. Mix well. Transfer to a bowl for dipping.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 490; Carbs: 16.0g; Protein: 30.0g; Fat: 34.0g

Kashmiri Chili Powder ‘n Garlic Shrimp BBQ

Serves: 4

Cooking Time: 10 minutes

Ingredients

- 1 fresh red Chile (such as Fresno), seeds removed, finely grated
- 1 tablespoon coarsely ground pepper
- 1 tablespoon fresh lime juice
- 1-pound large shrimp, peeled, deveined
- 2 tablespoons vegetable oil, plus more for grill
- 3 garlic cloves, finely grated
- Kosher salt
- Lime wedges and Kashmiri chili powder or paprika (for serving)

Instructions

1) In a large bowl, mix well oil, lime juice, pepper, garlic, and Chile. Add shri minutes. Season with salt.

2) Thread shrimp into steel skewers.

3) Place in skewer rack.

4) Cook for 5 minutes at 390oF.

5) Serve and enjoy with chili powder and lime wedges.

Nutrition information:

Calories per Serving: 144; Carbs: 2.2g; Protein: 15.6g; Fat: 8.0g

Leamony-Parsley Linguine with Grilled Tuna

Serves: 2

Cooking Time: 20 minutes

Ingredients

- 1 tablespoon capers, chopped
- 1 tablespoon olive oil
- 12 ounces linguine, cooked according to package Instructions
- 1-pound fresh tuna fillets
- 2 cups parsley leaves, chopped
- Juice from 1 lemon
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the tuna with salt and pepper. Brush with oil.

4) Grill for 20 minutes.

5) Once the tuna is cooked, shred using forks and place on top of cooked lingu

Season with salt and pepper and add lemon juice.

Nutrition information:

Calories per serving: 520; Carbs: 60.6g; Protein: 47.7g; Fat: 9.6g

Lemon Tuna ‘n Buttered Rice Puff

Serves: 6

Cooking Time: 60 minutes

Ingredients

- 1 teaspoon salt
- 2 egg yolks1 (12 ounce) can tuna, undrained
- 2 tablespoons grated onion
- 1 tablespoon lemon juice
- 2 egg whites
- 1 1/2 cups milk
- 1 1/3 cups water
- 1/3 cup butter
- 1/4 cup all-purpose flour
- 1/4 teaspoon ground black pepper
- 2/3 cup uncooked white rice

Instructions

1) In a saucepan bring water to a boil. Stir in rice, cover and cook on low fire around 20 minutes.

2) In another saucepan over medium fire, melt butter. Stir in pepper, salt, and

Whisking constantly, slowly add milk. Continue cooking and stirring until thi

3) In medium bowl, whisk egg yolks. Slowly whisk in half of the thickened m

remaining milk and continue cooking and stirring for 2 more minutes. Stir in l rice.

4) Lightly grease baking pan of air fryer with cooking spray. And transfer rice

5) Beat egg whites until stiff peak forms. Slowly fold into rice mixture.

6) Cover pan with foil.

7) For 20 minutes, cook on 360oF.

8) Cook for 15 minutes at 390oF until tops are lightly browned and the middle

9) Serve and enjoy.

Nutrition information:

Calories per Serving: 302; Carbs: 24.1g; Protein: 20.6g; Fat: 13.6g

Lemon-Basil on Cod Filet

Serves: 4

Cooking Time: 15 minutes

Ingredients

- ¼ cup olive oil
- 4 cod fillets
- A bunch of basil, torn
- Juice from 1 lemon, freshly squeezed
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Season the cod fillets with salt and pepper to taste. Place on lightly greased

3) Mix the rest of the ingredients in a bowl and toss to combine. Pour over fisl

4) Cook for 15 minutes at 330F.

5) Serve and enjoy.

Nutrition information:

Calories per serving: 235; Cars: 1.9g; Protein: 14.3g; Fat: 18.9g

Lemon-Garlic on Buttered Shrimp Fry

Serves: 4

Cooking Time: 15 minutes

Ingredients

- 1 tablespoon chopped chives or 1 teaspoon dried chives
- 1 tablespoon lemon juice
- 1tablespoon minced basil leaves plus more for sprinkling or 1 teaspoon d
- 1 tablespoon minced garlic
- 1-lb defrosted shrimp (21-25 count)
- 2 tablespoons chicken stock (or white wine)
- 2 teaspoons red pepper flakes
- 4 tablespoons butter

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Melt butter for 2 pepper flakes and garlic. Cook for 3 minutes.

2) Add remaining Ingredients in pan and toss well to coat.

3) Cook for 5 minutes at 330oF. Stir and let it stand for another 5 minutes.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 213; Carbs: 1.0g; Protein: 23.0g; Fat: 13.0g

Lemon-Paprika Salmon Filet

Serves: 2

Cooking Time: 15 minutes

Ingredients

- 1 tablespoon butter, melted
- 1 tablespoon minced fresh thyme or 1 teaspoon dried thyme
- 1 teaspoon grated lemon zest
- 1/2 teaspoon salt
- 1/4 teaspoon lemon-pepper seasoning
- 1/4 teaspoon paprika
- 1-1/2 cups soft bread crumbs
- 2 garlic cloves, minced
- 2 salmon fillets (6 ounces each)
- 2 tablespoons minced fresh parsley

Instructions

1) In a medium bowl mix well bread crumbs, fresh parsley thyme, garlic, lemo pepper

seasoning, and paprika.

2) Lightly grease baking pan of air fryer with cooking spray. Add salmon filet sprinkle crumbs on tops of salmon.

3) For 10 minutes, cook on 390oF. Let it rest for 5 minutes.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 331; Carbs: 9.0g; Protein: 31.0g; Fat: 19.0g

Lemon-Pepper Red Mullet Fry

Serves: 4

Cooking Time: 15 minutes

Ingredients

- 1 tablespoon olive oil
- 4 whole red mullets, gutted and scales removed
- Juice from 1 lemon
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the red mullet with salt, pepper, and lemon juice.

4) Brush with olive oil.

5) Grill for 15 minutes per batch.

Nutrition information:

Calories per serving: 152; Carbs: 0.9g; Protein: 23.1g; Fat: 6.2g

Lemony Grilled Halibut ‘n Tomatoes

Serves: 4

Cooking Time: 15 minutes

Ingredients

- ½ cup hearts of palm, rinse and drained
- 1 cup cherry tomatoes
- 2 tablespoons oil
- 4 halibut fillets
- Juice from 1 lemon
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the halibut fillets with lemon juice, salt and pepper. Brush with oil.

4) Place the fish on the grill pan.

5) Arrange the hearts of palms and cherry tomatoes on the side and sprinkle w

6) Cook for 15 minutes.

Nutrition information:

Calories per serving: 208; Carbs: 7g; Protein: 21 g; Fat: 11g

Lemony Tuna-Parsley Patties

Serves: 4

Cooking Time: 10 minutes

Ingredients

- ½ cup panko bread crumbs
- 1 egg, beaten
- 1 tablespoon lemon juice
- 2 cans of tuna in brine
- 2 tablespoons chopped parsley
- 2 teaspoons Dijon mustard
- 3 tablespoons olive oil
- A drizzle Tabasco sauce

Instructions

1) Drain the liquid from the canned tuna and put in a bowl.

2) Mix the tuna and season with mustard, bread crumbs, lemon juice, and pars

3) Add the egg and Tabasco sauce. Mix until well combined.

4) Form patties using your hands and place in the fried to set for at least 2 hou

5) Preheat the air fryer to 390F.

6) Place the grill pan accessory.

7) Brush the patties with olive oil and place on the grill pan.

8) Cook for 10 minutes.

9) Make sure to flip the patties halfway through the Cooking Time for even browning.

Nutrition information:

Calories per serving: 209; Carbs: 2.9g; Protein: 18.8g; Fat: 13.5g

Lemony-Sage on Grilled Swordfish

Serves: 2

Cooking Time: 16 minutes

Ingredients

- ½ lemon, sliced thinly in rounds
- 1 tbsp lemon juice
- 1 tsp parsley
- 1 zucchini, peeled and then thinly sliced in lengths
- 1/2-pound swordfish, sliced into 2-inch chunks
- 2 tbsp olive oil
- 6-8 sage leaves
- salt and pepper to taste

Instructions

1) In a shallow dish, mix well lemon juice, parsley, and sliced swordfish. Toss season with pepper and salt. Marinate for at least 10 minutes.

2) Place one length of zucchini on a flat surface. Add one piece of fish and sag thread into a skewer. Repeat process to remaining Ingredients.

3) Brush with oil and place on skewer rack in air fryer.

4) For 8 minutes, cook on 390oF. If needed, cook in batches.

5) Serve and enjoy with lemon slices.

Nutrition information:

Calories per Serving: 297; Carbs: 3.7g; Protein: 22.8g; Fat: 21.2g

Lime ‘n Chat masala Rubbed Snapper

Serves: 2

Cooking Time: 25 minutes

Ingredients

- 1/3 cup chat masala
- 1-1/2 pounds whole fish, cut in half
- 2 tablespoons olive oil
- 3 tablespoons fresh lime juice
- Salt to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the fish with salt, chat masala and lime juice.

4) Brush with oil

5) Place the fish on a foil basket and place inside the grill.

6) Cook for 25 minutes.

Nutrition information:

Calories per serving:308 ; Carbs: 0.7g; Protein: 35.2g; Fat: 17.4g

Lime, Oil ‘n Leeks on Grilled Swordfish

Serves: 4

Cooking Time: 20 minutes

Ingredients

- 2 tablespoons olive oil
- 3 tablespoons lime juice
- 4 medium leeks, cut into an inch long
- 4 swordfish steaks
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the swordfish with salt, pepper and lime juice.

4) Brush the fish with olive oil

5) Place fish fillets on grill pan and top with leeks.

6) Grill for 20 minutes.

Nutrition information:

Calories per serving: 611; Carbs: 14.6g; Protein: 48g; Fat: 40g

Lobster-Spinach Lasagna Recipe from Maine

Serves: 6

Cooking Time: 50 minutes

Ingredients

- 1 (16 ounce) jar Alfredo pasta sauce
- 1 cup shredded Cheddar cheese
- 1 egg
- 1 pound cooked and cubed lobster meat
- 1 tablespoon chopped fresh parsley
- 1/2 (15 ounce) container ricotta cheese
- 1/2 cup grated Parmesan cheese
- 1/2 cup shredded mozzarella cheese
- 1/2 medium onion, minced
- 1/2 teaspoon freshly ground black pepper
- 1-1/2 teaspoons minced garlic
- 5-ounce package baby spinach leaves
- 8 no-boil lasagna noodles

Instructions

1) Mix well half of Parmesan, half of mozzarella, half of cheddar, egg, and ric in pepper, parsley, garlic, and onion.

2) Lightly grease baking pan of air fryer with cooking spray.

3) On bottom of pan, spread ½ of the Alfredo sauce, top with a single layer of are used up.

4) Sprinkle remaining cheese on top. Shake pan to settle lasagna and burst bul

5) For 30 minutes, cook on 360oF.

6) Remove foil and cook for 10 minutes at 390oF until tops are lightly browne

7) Let it stand for 10 minutes.

8) Serve and enjoy.

Nutrition information:

Calories per Serving: 558; Carbs: 20.4g; Protein: 36.8g; Fat: 36.5g

Mango Salsa on Fish Tacos

Serves: 4

Cooking Time: 10 minutes

Ingredients

- ½ cup mango salsa of your choice
- 1 cup corn kernels
- 1 cup mixed greens
- 1 red bell pepper, seeded and diced
- 1 yellow onion, peeled and diced
- 4 large burrito-size tortillas
- 4 pieces fish fillets
- Juice from ½ lemon
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 330F.

2) Season the fish with lemon juice, salt and pepper.

3) Place seasoned fish on the double layer rack.

4) Cook for 10 minutes.

5) Assemble the taco wraps by laying the tortillas on a flat surface and add fis
pepper, corn kernels, and mixed greens.

6) This makes 4 tortilla wraps

7) Serve with mango salsa.

Nutrition information:

Calories per serving: 378; Carbs: 36g; Protein: 26.8g; Fat: 14g

Miso Sauce Over Grilled Salmon

Serves: 4

Cooking Time: 16 minutes

Ingredients

- 1 1/4 pounds skinless salmon fillets, thinly sliced
- 1/4 cup yellow miso paste
- 2 tablespoons mirin (Japanese rice wine)
- 2 teaspoons dashi powder
- 2 teaspoons superfine sugar
- Amaranth leaves (optional), to serve
- Shichimi togarashi, to serve

Instructions

1) In a bowl mix well sugar, mirin, dashi powder, and miso.

2) Thread salmon into skewers. Baste with miso glaze. Place on skewer rack i batches.

3) For 8 minutes, cook on 360oF. Halfway through Cooking Time, turnover and baste.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 281; Carbs: 7.6g; Protein: 39.8g; Fat: 10.1g

Old Bay ‘n Dijon Seasoned Crab Cakes

Serves: 2

Cooking Time: 10 minutes

Ingredients

- ¼ cup chopped green onion
- ½ cup panko
- 1 ½ teaspoon old bay seasoning
- 1 teaspoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1-pound lump crab meat
- 2 large eggs
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) In a mixing bowl, combine all Ingredients until everything is well-incorporated.

4) Use your hands to form small patties of crab cakes.

5) Place on the grill pan and cook for 10 minutes.

6) Flip the crab cakes halfway through the Cooking Time for even browning.

Nutrition information:

Calories per serving: 129; Carbs: 4.3g; Protein: 16.2g; Fat: 5.1g

Orange Roughie with Caesar & Cheese Dressing

Serves: 2

Cooking Time: 15 minutes

Ingredients

- 2 orange roughie fillets (4 ounces each)
- 1/2 cups crushed butter-flavored crackers
- 1/2 cup shredded cheddar cheese
- 1/4 cup creamy Caesar salad dressing

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add filet on bott
sprinkle crumbled crackers.

2) For 10 minutes, cook on 390oF.

3) Sprinkle cheese and let it stand for 5 minutes.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 341; Carbs: 5.0g; Protein: 32.6g; Fat: 21.1g

Oregano & Cumin Flavored Salmon Grill

Serves: 4

Cooking Time: 15 minutes

Ingredients

- 1 1/2 pounds skinless salmon fillet (preferably wild), cut into 1" pieces
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt
- 1/4 teaspoon crushed red pepper flakes
- 2 lemons, very thinly sliced into rounds
- 2 tablespoons chopped fresh oregano
- 2 tablespoons olive oil
- 2 teaspoons sesame seeds

Instructions

1) In a small bowl, mix well oregano, sesame seeds, cumin, salt, and pepper fl

2) Thread salmon and folded lemon slices in a skewer. Brush with oil and spri

3) Place skewers on air fryer skewer rack.

4) For 5 minutes, cook on 360oF. If needed, cook in batches.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 313; Carbs: 2.3g; Protein: 34.3g; Fat: 18.5g

Outrageous Crispy Fried Salmon Skin

Serves: 4

Cooking Time: 10 minutes

Ingredients

- ½ pound salmon skin, patted dry
- 4 tablespoons coconut oil
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a large bowl, combine everything and mix well.

3) Place in the fryer basket and close.

4) Cook for 10 minutes at 400F.

5) Halfway through the Cooking
Time, give a good shake to evenly cook the skin.

Nutrition information:

Calories per serving: 221; Carbohydrates: 1.1g; Protein: 15.2g; Fat: 16.9g

Pesto Basted Shrimp on the Grill

Serves: 4

Cooking Time: 16 minutes

Ingredients

- 1 cup pesto
- 1/4 cup chopped fresh basil
- 1-lb extra-large shrimp, peeled and deveined
- bamboo skewers, soaked in water
- Extra-virgin olive oil, for drizzling
- Freshly ground black pepper

Instructions

1) Thread shrimp into skewers and place on skewer rack. Drizzle with oil, sea

2) For 8 minutes, cook on 360oF. Halfway through Cooking Time, turnover skewers and baste with pesto.

3) Serve and enjoy with a garnish of fresh basil.

Nutrition information:

Calories per Serving: 544; Carbs: 9.6g; Protein: 7.0g; Fat: 53.0

Pesto Sauce Over Fish Filet

Serves: 3

Cooking Time: 20 minutes

Ingredients

- 1 bunch fresh basil
- 1 cup olive oil
- 1 tablespoon parmesan cheese, grated
- 2 cloves of garlic,
- 2 tablespoons pine nuts
- 3 white fish fillets
- Salt and pepper to taste

Instructions

1) In a food processor, combine all ingredients except for the fish fillets.

2) Pulse until smooth.

3) Place the fish in a baking dish and pour over the pesto sauce.

4) Place in the air fryer and cook for 20 minutes at 400F.

Nutrition information:

Calories per serving: 191; Carbohydrates: 9.5g; Protein: 8.2g; Fat: 13.3g

Pina Colada Sauce Over Coconut Shrimps

Serves: 4

Cooking Time: 6 minutes

Ingredients

- ¼ cup pineapple chunks, drained
- ½ cup cornstarch
- ¾ cups panko bread crumbs
- 1 ½ pounds jumbo shrimps, peeled and deveined
- 1 cup shredded coconut flakes
- 1/3 cup light coconut milk
- 1/3 cup non-fat Greek yogurt
- 2 tablespoons honey
- 2/3 cup coconut milk
- Salt and pepper to taste
- Toasted coconut meat for garnish

Instructions

1) Preheat the air fryer to 390F.

2) Place the shrimps and cornstarch in a Ziploc bag and give a good shake.

3) In a bowl, stir in coconut milk and honey. Set aside.

4) In another bowl, mix the coconut flakes and bread crumbs. Set aside.

5) Dip the shrimps in the milk mixture then dredge in the bread crumbs.

6) Place in the double layer rack and cook for 6 minutes.

7) Meanwhile, combine the rest of the Ingredients to create the dipping sauce.

Nutrition information:

Calories per serving: 493; Carbs: 21.4g; Protein: 38.9g; Fat: 27.9g

Quick ‘n Easy Tuna-Mac Casserole

Serves: 4

Cooking Time: 20 minutes

Ingredients

- 1/2 (10.75 ounce) can condensed cream of chicken soup
- 1-1/2 cups cooked macaroni
- 1/2 (5 ounce) can tuna, drained
- 1/2 cup shredded Cheddar cheese
- 3/4 cup French fried onions

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) Mix soup, tuna, and macaroni in pan. Sprinkle cheese on top.

3) For 15 minutes, cook on 360oF.

4) Remove basket and toss the mixture a bit. Sprinkle fried onions.

5) Cook for another 5 minutes.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 411; Carbs: 37.1g; Protein: 11.5g; Fat: 28.5g

Salad Niçoise With Peppery Halibut

Serves: 6

Cooking Time: 15 minutes

Ingredients

- 1 ½ pounds halibut fillets
- 1 cup cherry tomatoes, halved
- 2 pounds mixed vegetables
- 2 tablespoons olive oil
- 4 cups torn lettuce leaves
- 4 large hard-boiled eggs, peeled and sliced
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Rub the halibut with salt and pepper. Brush the fish with oil.

4) Place on the grill.

5) Surround the fish fillet with the mixed vegetables and cook for 15 minutes.

6) Assemble the salad by serving the fish fillet with grilled mixed vegetables, boiled eggs.

Nutrition information:

Calories per serving: 312; Carbs:16.8 g; Protein: 19.8g; Fat: 18.3g

Salmon Topped with Creamy Avocado-Cashew Sauce

Serves: 2

Cooking Time: 15 minutes

Ingredients

- ½ clove of garlic
- ½ pound salmon fillet
- 1 avocado, pitted and chopped
- 1 teaspoon olive oil
- 2 tablespoons cashew nuts, soaked in water for 10 minutes
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes

2) Season the salmon fillets with salt, pepper, and olive oil.

3) Place in the air fryer and cook for 15 minutes at 400F.

4) Meanwhile, place the rest of the ingredients in a food processor. Season wit

5) Serve the salmon fillet with the creamy avocado sauce.

Nutrition information:

Calories per serving: 417; Carbohydrates: 13.7g; Protein: 23.4g; Fat: 29.8g

Salted Tequila ‘n Lime Shrimp

Serves: 3

Cooking Time: 16 minutes

Ingredients

- 1 large lime, quartered
- 1 pinch garlic salt
- 1 pinch ground cumin
- 1/4 cup olive oil
- 1-pound large shrimp, peeled and deveined
- 2 tablespoons lime juice
- 2 tablespoons tequila
- ground black pepper to taste

Instructions

1) In a bowl mix well pepper, cumin, salt, olive oil, tequila and lime juice. Stir least an hour. Tossing every now and then.

2) Thread shrimps in skewers. Place on skewer rack. If needed cook in batches

3) For 8 minutes, cook on 360oF. Halfway through Cooking Time.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 222; Carbs: 3.8g; Protein: 18.8g; Fat: 14.6g

Savory Bacalao Tapas Recipe From Portugal

Serves: 4

Cooking Time: 26 minutes

Ingredients

- 1 clove garlic, chopped, divided
- 1 yellow onions, thinly sliced
- 1/4 cup chopped fresh parsley, divided
- 1/4 cup olive oil
- 1-pound cod fish filet, chopped
- 2 hard cooked eggs, chopped
- 2 tablespoon butter
- 2 Yukon Gold potatoes, peeled and diced
- 3/4 teaspoon red pepper flakes
- 5 pitted black olives
- 5 pitted green olives
- freshly ground pepper to taste

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add and melt bu cook for 6 minutes until caramelized.

2) Stir in black pepper, red pepper flakes, half of parsley, garlic, olive oil, dice 10 minutes, cook on 360oF. Halfway through Cooking Time, stir well to mix.

3) Cook for 10 minutes at 390oF until tops are lightly browned.

4) Garnish with remaining parsley, eggs, black and green olives.

5) Serve and enjoy with chips.

Nutrition information:

Calories per Serving: 691; Carbs: 25.2g; Protein: 77.1g; Fat: 31.3g

Shrimp, Mushroom ‘n Rice Casserole

Serves: 2

Cooking Time: 35 minutes

Ingredients

- 1 tablespoon butter
- 1/2 (10.75 ounce) can condensed cream of shrimp soup
- 1/2 teaspoon vegetable oil
- 1/2-pound small shrimp, peeled and deveined
- 1/2 (4 ounce) can sliced mushrooms, drained
- 1/2 (8 ounce) container sour cream
- 1/3 cup shredded Cheddar cheese
- 3/4 cup uncooked instant rice
- 3/4 cup water

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add rice, water, with foil. For 20 minutes, cook on 360oF.

2) Open foil cover, stir in shrimps, return foil and let it rest for 5 minutes.

3) Remove foil completely and stir in sour cream. Mix well and evenly spread

4) Top with cheese.

5) Cook for 7 minutes at 390oF until tops are lightly browned.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 569; Carbs: 38.5g; Protein: 31.8g; Fat: 31.9g

Soy-Orange Flavored Squid

Serves: 4

Cooking Time: 10 minutes

Ingredients

- ½ cup mirin
- 1 cup soy sauce
- 1/3 cup yuzu or orange juice, freshly squeezed
- 2 cups water
- 2 pounds squid body, cut into rings

Instructions

1) Place all ingredients in a Ziploc bag and allow the squid rings to marinate i

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the squid rings for 10 minutes.

5) Meanwhile, pour the marinade over a sauce pan and allow to simmer for 1(reduced.

6) Baste the squid rings with the sauce before serving.

Nutrition information:

Calories per serving: 412; Carbs: 4.1g; Protein: 44.2g; Fat: 24.3g

Spiced Coco-Lime Skewered Shrimp

Serves: 6

Cooking Time: 12 minutes

Ingredients

- 1 lime, zested and juiced
- 1/3 cup chopped fresh cilantro
- 1/3 cup shredded coconut
- 1/4 cup olive oil
- 1/4 cup soy sauce
- 1-pound uncooked medium shrimp, peeled and deveined
- 2 garlic cloves
- 2 jalapeno peppers, seeded

Instructions

1) In food processor, process until smooth the soy sauce, olive oil, coconut oil

2) In a shallow dish, mix well shrimp and processed marinade. Toss well to cc hours.

3) Thread shrimps in skewers. Place on skewer rack in air fryer.

4) For 6 minutes, cook on 360oF. If needed, cook in batches.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 172; Carbs: 4.8g; Protein: 13.4g; Fat: 10.9g

Sweet Honey-Hoisin Glazed Salmon

Serves: 2

Cooking Time: 12 minutes

Ingredients

- 1 tablespoon honey
- 1 tablespoon olive oil
- 1 tablespoon rice wine
- 1 tablespoon soy sauce
- 1-lb salmon filet, cut into 2-inch rectangles
- 3 tablespoons hoisin sauce

Instructions

1) In a shallow dish, mix well all Ingredients. Marinate in the ref for 3 hours.

2) Thread salmon pieces in skewers and reserve marinade for basting. Place o

3) For 12 minutes, cook on 360oF. Halfway through Cooking
Time, turnover skewers and baste with marinade. If needed, cook in batches.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 971; Carbs: 23.0g; Protein: 139.4g; Fat: 35.7g

Sweet-Chili Sauce Dip ‘n Shrimp Rolls

Serves: 8

Cooking Time: 9 minutes

Ingredients

- ¼ teaspoon crushed red pepper
- ½ cup sweet chili sauce
- ¾ cup snow peas, julienned
- 1 cup carrots, julienned
- 1 cup red bell pepper, seeded and julienned
- 2 ½ tablespoons sesame oil, divided
- 2 cups cabbage, shredded
- 2 teaspoons fish sauce
- 4 ounces raw shrimps, deveined and chopped
- 8 spring roll wrappers

Instructions

1) Heat sesame oil in a skillet over medium flame and stir in the cabbage, carr

Set aside and allow to cool.

2) Once cooled, Add shrimps and snow peas. Season with fish sauce and red p

3) Lay spring roll wrapper on a flat surface and place a tablespoon or two of th
middle of the spring roll wrapper. Fold the wrapper and seal the edges with wa

4) Preheat the air fryer to 390F.

5) Place the spring rolls in the double layer rack accessory. Spray with cookin

6) Cook for 7 minutes.

7) Serve with chili sauce.

Nutrition information:

Calories per serving: 185; Carbs: 19g; Protein: 7g; Fat: 9g

Tartar Sauce ‘n Crispy Cod Nuggets

Serves: 3

Cooking Time: 10 minutes

Ingredients

- ½ cup flour
- ½ cup non-fat mayonnaise
- ½ teaspoon Worcestershire sauce
- 1 ½ pounds cod fillet
- 1 cup cracker crumbs
- 1 egg, beaten
- 1 tablespoon sweet pickle relish
- 1 tablespoon vegetable oil
- 1 teaspoon honey
- Juice from half a lemon
- Salt and pepper to taste
- Zest from half of a lemon

Instructions

1) Preheat the air fryer to 390F.

2) Season the cods with salt and pepper.

3) Dredge the fish on flour and dip in the beaten egg before dredging on the cr

4) Place the fish on the double layer rack and cook for 10 minutes.

5) Meanwhile, prepare the sauce by mixing all ingredients in a bowl.

6) Serve the fish with the sauce.

Nutrition information:

Calories per serving: 470; Carbs: 25.4g; Protein: 42.9g; Fat: 21.8g

Tomato ‘n Onion Stuffed Grilled Squid

Serves: 4

Cooking Time: 15 minutes

Ingredients

- ½ cup green onions, chopped
- ½ cup tomatoes, chopped
- 1 tablespoon fresh lemon juice
- 2 pounds squid, gutted and cleaned
- 2 tablespoons olive oil
- 5 cloves of garlic
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the squid with salt, pepper, and lemon juice.

4) Stuff the cavity with garlic, tomatoes, and onions.

5) Brush the squid with olive oil.

6) Place on the grill pan and cook for 15 minutes.

7) Halfway through the Cooking Time, flip the squid.

Nutrition information:

Calories per serving: 277; Carbs: 10.7g; Protein: 36g; Fat: 10g

Tortilla-Crusted with Lemon Filets

Serves: 4

Cooking Time: 15 minutes

Ingredients

- 1 cup tortilla chips, pulverized
- 1 egg, beaten
- 1 tablespoon lemon juice
- 4 fillets of white fish fillet
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place a grill pan in the air fryer.

3) Season the fish fillet with salt, pepper, and lemon juice.

4) Soak in beaten eggs and dredge in tortilla chips.

5) Place on the grill pan.

6) Cook for 15 minutes.

7) Make sure to flip the fish halfway through the Cooking Time.

Nutrition information:

Calories per serving: 300; Carbs: 8.4g; Protein: 24.8g; Fat:18.6 g

Turmeric Spiced Salmon with Soy Sauce

Serves: 4

Cooking Time: 12 minutes

Ingredients

- ½ tablespoon sugar
- ½ tablespoon turmeric powder
- 1 cup cherry tomatoes
- 1 slab of salmon fillets, sliced into cubes
- 1 tablespoon soy sauce
- A dash of black pepper
- Chopped coriander for garnish

Instructions

1) Season the salmon fillets with turmeric powder, sugar, soy sauce, and black
minutes in the fridge.

2) Preheat the air fryer to 330F.

3) Skewer the salmon cubes alternating with tomatoes

4) Place on the double layer rack.

5) Cook for 10 to 12 minutes.

Nutrition information:

Calories per serving: 302.3; Carbs: 4.2g; Protein: 47.3g; Fat: 10.7g

Very Easy Lime-Garlic Shrimps

Serves: 1

Cooking Time: 6 minutes

Ingredients

- 1 clove of garlic, minced
- 1 cup raw shrimps
- 1 lime, juiced and zested
- Salt and pepper to taste

Instructions

1) In a mixing bowl, combine all Ingredients and give a good stir.

2) Preheat the air fryer to 390F.

3) Skewer the shrimps onto the metal skewers that come with the double layer

4) Place on the rack and cook for 6 minutes.

Nutrition information:

Calories per serving: 280; Carbs: 8g; Protein: 26g; Fat: 16g

Air Fryer Vegetarian Recipes

Almond Flour Battered ‘n Crisped Onion Rings

Serves: 3

Cooking Time: 15 minutes

Ingredients

- ½ cup almond flour
- ¾ cup coconut milk
- 1 big white onion, sliced into rings
- 1 egg, beaten
- 1 tablespoon baking powder
- 1 tablespoon smoked paprika
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a mixing bowl, mix the almond flour, baking powder, smoked paprika, s

3) In another bowl, combine the eggs and coconut milk.

4) Soak the onion slices into the egg mixture.

5) Dredge the onion slices in the almond flour mixture.

6) Place in the air fryer basket.

7) Close and cook for 15 minutes at 325F.

8) Halfway through the Cooking
Time, shake the fryer basket for even cooking.

Nutrition information:

Calories per serving: 217; Carbohydrates: 8.6g; Protein:5.3g; Fat: 17.9g

Almond Flour Battered Wings

Serves: 4

Cooking Time: 25 minutes

Ingredients

- ¼ cup butter, melted
- ¾ cup almond flour
- 16 pieces chicken wings
- 2 tablespoons stevia powder
- 4 tablespoons minced garlic
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a mixing bowl, combine the chicken wings, almond flour, stevia powder, pepper to taste.

3) Place in the air fryer basket and cook for 25 minutes at 400F.

4) Halfway through the Cooking Time, make sure that you give the fryer basket a shake.

5) Once cooked, place in a bowl and drizzle with melted butter. Toss to coat.

Nutrition information:

Calories per serving: 365; Carbohydrates: 7.8g; Protein: 23.7g; Fat: 26.9g

Baby Corn in Chili-Turmeric Spice

Serves: 5

Cooking Time: 8 minutes

Ingredients

- ¼ cup water
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ¼ teaspoon turmeric powder
- ½ teaspoon curry powder
- ½ teaspoon red chili powder
- 1 cup chickpea flour or besan
- 10 pieces baby corn, blanched

Instructions

1) Preheat the air fryer to 400F.

2) Line the air fryer basket with aluminum foil and brush with oil.

3) In a mixing bowl, mix all ingredients except for the corn.

4) Whisk until well combined.

5) Dip the corn in the batter and place inside the air fryer. Cook for 8 minutes

Nutrition information:

Calories per serving: 89; Carbohydrates: 14.35g; Protein: 4.75g; Fat: 1.54g

Baked Cheesy Eggplant with Marinara

Serves: 3

Cooking Time: 45 minutes

Ingredients

- 1 clove garlic, sliced
- 1 large eggplants
- 1 tablespoon olive oil
- 1 tablespoon olive oil
- 1/2 pinch salt, or as needed
- 1/4 cup and 2 tablespoons dry bread crumbs
- 1/4 cup and 2 tablespoons ricotta cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup water, plus more as needed
- 1/4 teaspoon red pepper flakes
- 1-1/2 cups prepared marinara sauce
- 1-1/2 teaspoons olive oil
- 2 tablespoons shredded pepper jack cheese
- salt and freshly ground black pepper to taste

Instructions

1) Cut eggplant crosswise in 5 pieces. Peel and chop two pieces into ½-inch cubes.

2) Lightly grease baking pan of air fryer with 1 tbsp olive oil. For 5 minutes, h strips and cook for 2 minutes per side. Transfer to a plate.

3) Add 1 ½ tsp olive oil and add garlic. Cook for a minute. Add chopped eggp and salt. Cook for 4 minutes. Lower heat to 330oF and continue cooking eggp minutes more.

4) Stir in water and marinara sauce. Cook for 7 minutes until heated through. S Transfer to a bowl.

5) In a bowl, whisk well pepper, salt, pepper jack cheese, Parmesan cheese, ar
over eggplant strips and then fold in half.

6) Lay folded eggplant in baking pan. Pour marinara sauce on top.

7) In a small bowl whisk well olive oil, and bread crumbs. Sprinkle all over sa

8) Cook for 15 minutes at 390oF until tops are lightly browned.

9) Serve and enjoy.

Nutrition information:

Calories per Serving: 405; Carbs: 41.1g; Protein: 12.7g; Fat: 21.4g

Baked Polenta with Chili-Cheese

Serves: 3

Cooking Time: 10 minutes

Ingredients

1 commercial polenta roll, sliced

1 cup cheddar cheese sauce

1 tablespoon chili powder

Instructions

1) Place the baking dish accessory in the air fryer.

2) Arrange the polenta slices in the baking dish.

3) Add the chili powder and cheddar cheese sauce.

4) Close the air fryer and cook for 10 minutes at 390F.

Nutrition information:

Calories per serving: 206; Carbs: 25.3g; Protein: 3.2g; Fat: 4.2g

Baked Portobello, Pasta ‘n Cheese

Serves: 4

Cooking Time: 30 minutes

Ingredients

- 1 cup milk
- 1 cup shredded mozzarella cheese
- 1 large clove garlic, minced
- 1 tablespoon vegetable oil
- 1/4 cup margarine
- 1/4 teaspoon dried basil
- 1/4-pound portobello mushrooms, thinly sliced
- 2 tablespoons all-purpose flour
- 2 tablespoons soy sauce
- 4-
  ounce penne pasta, cooked according to manufacturer’s Directions for C
- 5-ounce frozen chopped spinach, thawed

Instructions

1) Lightly grease baking pan of air fryer with oil. For 2 minutes, heat on 360o
minute. Transfer to a plate.

2) In same pan, melt margarine for a minute. Stir in basil, garlic, and flour. Co
another 2 minutes. Stir in half of milk slowly while whisking continuously. Co

Mix well. Cook for another 2 minutes. Stir in remaining milk and cook for anc

3) Add cheese and mix well.

4) Stir in soy sauce, spinach, mushrooms, and pasta. Mix well. Top with rema

5) Cook for 15 minutes at 390oF until tops are lightly browned.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 482; Carbs: 32.1g; Protein: 16.0g; Fat: 32.1g

Baked Potato Topped with Cream cheese ‘n Olives

Serves: 1

Cooking Time: 40 minutes

Ingredients

- ¼ teaspoon onion powder
- 1 medium russet potato, scrubbed and peeled
- 1 tablespoon chives, chopped
- 1 tablespoon Kalamata olives
- 1 teaspoon olive oil
- 1/8 teaspoon salt
- a dollop of vegan butter
- a dollop of vegan cream cheese

Instructions

1) Place inside the air fryer basket and cook for 40 minutes. Be sure to turn the

2) Place the potatoes in a mixing bowl and pour in olive oil, onion powder, sal

3) Preheat the air fryer to 400F.

4) Serve the potatoes with vegan cream cheese, Kalamata olives, chives, and c want.

Nutrition information:

Calories per serving: 504; Carbohydrates: 68.34g; Protein: 9.31g; Fat: 21.53g

Baked Zucchini Recipe From Mexico

Serves: 4

Cooking Time: 30 minutes

Ingredients

- 1 tablespoon olive oil
- 1-1/2 pounds zucchini, cubed
- 1/2 cup chopped onion
- 1/2 teaspoon garlic salt
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon cayenne pepper, or to taste
- 1/2 cup cooked long-grain rice
- 1/2 cup cooked pinto beans
- 1-1/4 cups salsa
- 3/4 cup shredded Cheddar cheese

Instructions

1) Lightly grease baking pan of air fryer with olive oil. Add onions and zucchi 360oF. Halfway through Cooking Time, stir.

2) Season with cayenne, oregano, paprika, and garlic salt. Mix well.

3) Stir in salsa, beans, and rice. Cook for 5 minutes.

4) Stir in cheddar cheese and mix well.

5) Cover pan with foil.

6) Cook for 15 minutes at 390oF until bubbly.

7) Serve and enjoy.

Nutrition information:

Calories per Serving: 263; Carbs: 24.6g; Protein: 12.5g; Fat: 12.7g

Banana Pepper Stuffed with Tofu ‘n Spices

Serves: 8

Cooking Time: 10 minutes

Ingredients

- ½ teaspoon red chili powder
- ½ teaspoon turmeric powder
- 1 onion, finely chopped
- 1 package firm tofu, crumbled
- 1 teaspoon coriander powder
- 3 tablespoons coconut oil
- 8 banana peppers, top end sliced and seeded
- Salt to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a mixing bowl, combine the tofu, onion, coconut oil, turmeric powder, re and salt. Mix until well-combined.

3) Scoop the tofu mixture into the hollows of the banana peppers.

4) Place the stuffed peppers in the air fryer.

5) Close and cook for 10 minutes at 325F.

Nutrition information:

Calories per serving: 72; Carbohydrates: 4.1g; Protein: 1.2g; Fat: 5.6g

Bell Pepper-Corn Wrapped in Tortilla

Serves: 4

Cooking Time: 15 minutes

Ingredients

- 1 small red bell pepper, chopped
- 1 small yellow onion, diced
- 1 tablespoon water
- 2 cobs grilled corn kernels
- 4 large tortillas
- 4 pieces commercial vegan nuggets, chopped
- mixed greens for garnish

Instructions

1) Preheat the air fryer to 400F.

2) In a skillet heated over medium heat, water sauté the vegan nuggets togethe and corn kernels. Set aside.

3) Place filling inside the corn tortillas.

4) Fold the tortillas and place inside the air fryer and cook for 15 minutes unti

5) Serve with mix greens on top.

Nutrition information:

Calories per serving: 548; Carbohydrates: 43.54g; Protein: 46.73g; Fat: 20.76g

Black Bean Burger with Garlic-Chipotle

Serves: 3

Cooking Time: 20 minutes

Ingredients

- ½ cup corn kernels
- ½ teaspoon chipotle powder
- ½ teaspoon garlic powder
- ¾ cup salsa
- 1 ¼ teaspoon chili powder
- 1 ½ cup rolled oats
- 1 can black beans, rinsed and drained
- 1 tablespoon soy sauce

Instructions

1) In a mixing bowl, combine all Ingredients: and mix using your hands.

2) Form small patties using your hands and set aside.

3) Brush patties with oil if desired.

4) Place the grill pan in the air fryer and place the patties on the grill pan acces

5) Close the lid and cook for 20 minutes on each side at 330F.

6) Halfway through the Cooking
Time, flip the patties to brown the other side evenly

Nutrition information:

Calories per serving: 395; Carbs: 52.2g; Protein: 24.3g; Fat: 5.8g

Brown Rice, Spinach ‘n Tofu Frittata

Serves: 4

Cooking Time: 55 minutes

Ingredients

- ½ cup baby spinach, chopped
- ½ cup kale, chopped
- ½ onion, chopped
- ½ teaspoon turmeric
- 1 ¾ cups brown rice, cooked
- 1 flax egg (1 tablespoon flaxseed meal + 3 tablespoon cold water)
- 1 package firm tofu
- 1 tablespoon olive oil
- 1 yellow pepper, chopped
- 2 tablespoons soy sauce
- 2 teaspoons arrowroot powder
- 2 teaspoons Dijon mustard
- 2/3 cup almond milk
- 3 big mushrooms, chopped
- 3 tablespoons nutritional yeast
- 4 cloves garlic, crushed
- 4 spring onions, chopped
- a handful of basil leaves, chopped

Instructions

1) Preheat the air fryer to 3750F. Grease a pan that will fit inside the air fryer.

2) Prepare the frittata crust by mixing the brown rice and flax egg. Press the ri
form a crust. Brush with a little oil and cook for 10 minutes.

3) Meanwhile, heat olive oil in a skillet over medium flame and sauté the garli

4) Add the pepper and mushroom and continue stirring for 3 minutes.

5) Stir in the kale, spinach, spring onions, and basil. Remove from the pan and

6) In a food processor, pulse together the tofu, mustard, turmeric, soy sauce, n

arrowroot powder. Pour in a mixing bowl and stir in the sautéed vegetables.
7) Pour the vegan frittata mixture over the rice crust and cook in the air fryer f

Nutrition information:

Calories per serving: 226; Carbohydrates: 30.44g; Protein: 10.69g; Fat: 8.05g

Brussels Sprouts with Balsamic Oil

Serves: 4

Cooking Time: 15 minutes

Ingredients

- ¼ teaspoon salt
- 1 tablespoon balsamic vinegar
- 2 cups Brussels sprouts, halved
- 2 tablespoons olive oil

Instructions

1) Preheat the air fryer for 5 minutes.

2) Mix all ingredients in a bowl until the zucchini fries are well coated.

3) Place in the air fryer basket.

4) Close and cook for 15 minutes for 350F.

Nutrition information:

Calories per serving: 82; Carbohydrates: 4.6g; Protein: 1.5g; Fat: 6.8g

Buttered Carrot-Zucchini with Mayo

Serves: 4

Cooking Time: 25 minutes

Ingredients

- 1 tablespoon grated onion
- 2 tablespoons butter, melted
- 1/2-pound carrots, sliced
- 1-1/2 zucchinis, sliced
- 1/4 cup water
- 1/4 cup mayonnaise
- 1/4 teaspoon prepared horseradish
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup Italian bread crumbs

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add carrots. For zucchini and continue cooking for another 5 minutes.

2) Meanwhile, in a bowl whisk well pepper, salt, horseradish, onion, mayonna veggies. Toss well to coat.

3) In a small bowl mix melted butter and bread crumbs. Sprinkle over veggies

4) Cook for 10 minutes at 390oF until tops are lightly browned.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 223; Carbs: 13.8g; Protein: 2.7g; Fat: 17.4g

Cauliflower Steak with Thick Sauce

Serves: 2

Cooking Time: 15 minutes

Ingredients

- ¼ cup almond milk
- ¼ teaspoon vegetable stock powder
- 1 cauliflower, sliced into two
- 1 tablespoon olive oil
- 2 tablespoons onion, chopped
- salt and pepper to taste

Instructions

1) Soak the cauliflower in salted water or brine for at least 2 hours.

2) Preheat the air fryer to 400F.

3) Rinse the cauliflower and place inside the air fryer and cook for 15 minutes

4) Meanwhile, heat oil in a skillet over medium flame. Sauté the onions and st vegetable stock powder and milk.

5) Bring to boil and adjust the heat to low.

6) Allow the sauce to reduce and season with salt and pepper.

7) Place cauliflower steak on a plate and pour over sauce.

Nutrition information:

Calories per serving: 91; Carbohydrates:6.58 g; Protein: 1.02g; Fat: 7.22g

Cheddar, Squash ‘n Zucchini Casserole

Serves: 4

Cooking Time: 30 minutes

Ingredients

- 1 egg
- 5 saltine crackers, or as needed, crushed
- 2 tablespoons bread crumbs
- 1/2-pound yellow squash, sliced
- 1/2-pound zucchini, sliced
- 1/2 cup shredded Cheddar cheese
- 1-1/2 teaspoons white sugar
- 1/2 teaspoon salt
- 1/4 onion, diced
- 1/4 cup biscuit baking mix
- 1/4 cup butter

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add onion, zucc
with foil and for 15 minutes, cook on 360oF or until tender.

2) Stir in salt, sugar, egg, butter, baking mix, and cheddar cheese. Mix well. F
bread crumbs.

3) Cook for 15 minutes at 390oF until tops are lightly browned.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 285; Carbs: 16.4g; Protein: 8.6g; Fat: 20.5g

Cheesy BBQ Tater Tot

Serves: 6

Cooking Time: 20 minutes

Ingredients

- ½ cup shredded Cheddar
- 12 slices bacon
- 1-lb frozen tater tots, defrosted
- 2 tbsp chives
- Ranch dressing, for serving

Instructions

1) Thread one end of bacon in a skewer, followed by one tater, snuggly thread snake, and then another tater, and then snake the bacon again until you reach t of the Ingredients.

2) For 10 minutes, cook on 360oF. Halfway through Cooking Time, turnover skewers. If needed cook in batches.

3) Place skewers on a serving platter and sprinkle cheese and chives on top.

4) Serve and enjoy with ranch dressing on the side.

Nutrition information:

Calories per Serving: 337; Carbs: 17.2g; Protein: 11.5g; Fat: 29.1g

Chives ‘n Thyme Spiced Veggie Burger

Serves: 8

Cooking Time: 15 minutes

Ingredients

- ¼ cup desiccated coconut
- ½ cup oats
- ½ pound cauliflower, steamed and diced
- 1 cup bread crumbs
- 1 flax egg (1 flaxseed egg + 3 tablespoon water)
- 1 teaspoon mustard powder
- 2 teaspoons chives
- 2 teaspoons coconut oil melted
- 2 teaspoons garlic, minced
- 2 teaspoons parsley
- 2 teaspoons thyme
- 3 tablespoon plain flour
- salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the cauliflower in a tea towel and ring out excess water. Place in a mi
except the bread crumbs. Mix well until well combined.

3) Form 8 burger patties with the mixture using your hands.

4) Roll the patties in bread crumbs and place in the air fryer basket. Make sure

5) Cook for 10 to 15 minutes or until the patties are crisp.

Nutrition information:

Calories per serving: 70; Carbohydrates: 10.85g; Protein: 2.51g; Fat: 1.85g

Coconut Battered Cauliflower Bites

Serves: 4

Cooking Time: 20 minutes

Ingredients

- salt and pepper to taste
- 1 flax egg (1 tablespoon flaxseed meal + 3 tablespoon water)
- 1 small cauliflower, cut into florets
- 1 teaspoon mixed spice
- ½ teaspoon mustard powder
- 2 tablespoons maple syrup
- 1 clove of garlic, minced
- 2 tablespoons soy sauce
- 1/3 cup oats flour
- 1/3 cup plain flour
- 1/3 cup desiccated coconut

Instructions

1) Preheat the air fryer to 400F.

2) In a mixing bowl, mix together oats, flour, and desiccated coconut. Season
aside.

3) In another bowl, place the flax egg and add a pinch of salt to taste. Set aside

4) Season the cauliflower with mixed spice and mustard powder.

5) Dredge the florets in the flax egg first then in the flour mixture.

6) Place inside the air fryer and cook for 15 minutes.

7) Meanwhile, place the maple syrup, garlic, and soy sauce in a sauce pan and
a boil and adjust the heat to low until the sauce thickens.

8) After 15 minutes, take out the florets from the air fryer and place them in th
florets and place inside the air fryer and cook for another 5 minutes.

Nutrition information:

Calories per serving: 154; Carbohydrates: 27.88g; Protein: 4.69g; Fat:2.68 g

Creamy ‘n Cheese Broccoli Bake

Serves: 2

Cooking Time: 30 minutes

Ingredients

- 1-pound fresh broccoli, coarsely chopped
- 2 tablespoons all-purpose flour
- salt to taste
- 1 tablespoon dry bread crumbs, or to taste
- 1/2 large onion, coarsely chopped
- 1/2 (14 ounce) can evaporated milk, divided
- 1/2 cup cubed sharp Cheddar cheese
- 1-1/2 teaspoons butter, or to taste
- 1/4 cup water

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Mix in half of th
minutes, cook on 360oF. Halfway through Cooking
Time, mix well. Add broccoli and remaining milk. Mix
well and cook for another 5 minutes.

2) Stir in cheese and mix well until melted.

3) In a small bowl mix well, butter and bread crumbs. Sprinkle on top of broc

4) Cook for 20 minutes at 360oF until tops are lightly browned.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 444; Carbs: 37.3g; Protein: 23.1g; Fat: 22.4g

Creole Seasoned Vegetables

Serves: 5

Cooking Time: 15 minutes

Ingredients

- ¼ cup honey
- ¼ cup yellow mustard
- 1 large red bell pepper, sliced
- 1 teaspoon black pepper
- 1 teaspoon salt
- 2 large yellow squash, cut into ½ inch thick slices
- 2 medium zucchinis, cut into ½ inch thick slices
- 2 teaspoons creole seasoning
- 2 teaspoons smoked paprika
- 3 tablespoons olive oil

Instructions

1) Preheat the air fryer to 330F.

2) Place the grill pan accessory in the air fryer.

3) In a Ziploc bag, put the zucchini, squash, red bell pepper, olive oil, salt and vegetables.

4) Place on the grill pan and cook for 15 minutes.

5) Meanwhile, prepare the sauce by combining the mustard, honey, paprika, a salt to taste.

6) Serve the vegetables with the sauce.

Nutrition information:

Calories per serving: 164; Carbs: 21.5g; Protein: 2.6g; Fat: 8.9g

Crisped Baked Cheese Stuffed Chile Pepper

Serves: 3

Cooking Time: 30 minutes

Ingredients

- 1 (7 ounce) can whole green Chile peppers, drained
- 1 egg, beaten
- 1 tablespoon all-purpose flour
- 1/2 (5 ounce) can evaporated milk
- 1/2 (8 ounce) can tomato sauce
- 1/4-pound Monterey Jack cheese, shredded
- 1/4-pound Longhorn or Cheddar cheese, shredded
- 1/4 cup milk

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Evenly spread ch
Jack cheese on top.

2) In a bowl whisk well flour, milk, and eggs. Pour over chilies.

3) For 20 minutes, cook on 360oF.

4) Add tomato sauce on top.

5) Cook for 10 minutes at 390oF until tops are lightly browned.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 392; Carbs: 12.0g; Protein: 23.9g; Fat: 27.6g

Crisped Noodle Salad Chinese Style

Serves: 2

Cooking Time: 20 minutes

Ingredients

- 1 carrot, sliced thinly
- 1 cup cabbage, sliced thinly
- 1 green bell pepper, sliced thinly
- 1 onion, sliced thinly
- 1 package wheat noodles
- 1 sprig coriander, chopped
- 1 tablespoon cooking oil
- 1 tablespoon lime juice
- 1 tablespoon red chili sauce
- 1 tablespoon tamari
- 1 tomato, chopped
- salt to taste

Instructions

1) In a big pot, boil water and add a teaspoon of salt. Bring the water to a boil noodles until it is half-cooked. Drain.

2) In a mixing bowl, pour oil over the noodles and mix until the noodles are c

3) Place a tin foil on the base of the air fryer basket and place the noodles insi

4) Cook in a preheated air fryer at 3950F for 15 to 20 minutes or until crisp.

5) Meanwhile, mix together the tamari, red chili sauce, and lime juice. Season

6) Once the noodles are cooked, assemble the salad by placing the air fried no vegetables and pour over sauce.

Nutrition information:

Calories per serving: 165; Carbohydrates: 20.41g; Protein:4.12 g; Fat:7.39 g

Crisped Tofu with Paprika

Serves: 4

Cooking Time: 12 minutes

Ingredients

- ¼ cup cornstarch
- 1 block extra firm tofu, pressed to remove excess water and cut into cubes
- 1 tablespoon smoked paprika
- salt and pepper to taste

Instructions

1) Line the air fryer basket with aluminum foil and brush with oil.

2) Preheat the air fryer to 370F.

3) Mix all ingredients in a bowl. Toss to combine.

4) Place in the air fryer basket and cook for 12 minutes.

Nutrition information:

Calories per serving: 155; Carbohydrates:11.56 g; Protein:11.74 g; Fat:6.88 g

Crispy ‘n Healthy Avocado Fingers

Serves: 4

Cooking Time: 10 minutes

Ingredients

- ½ cup panko breadcrumbs
- ½ teaspoon salt
- 1 pitted Haas avocado, peeled and sliced
- liquid from 1 can white beans or aquafaba

Instructions

1) Preheat the air fryer at 350F.

2) In a shallow bowl, toss the breadcrumbs and salt until well combined.

3) Dredge the avocado slices first with the aquafaba then in the breadcrumb m

4) Place the avocado slices in a single layer inside the air fryer basket.

5) Cook for 10 minutes and shake halfway through the Cooking Time.

Nutrition information:

Calories per serving: 51; Carbohydrates: 6.45g; Protein: 1.39g; Fat: 7.51g

Crispy ‘n Savory Spring Rolls

Serves: 4

Cooking Time: 15 minutes

Ingredients

- ½ teaspoon ginger, finely chopped
- 1 celery stalk, chopped
- 1 cup shiitake mushroom, sliced thinly
- 1 medium carrot, shredded
- 1 tablespoon soy sauce
- 1 teaspoon coconut sugar
- 1 teaspoon corn starch + 2 tablespoon water
- 1 teaspoon nutritional yeast
- 8 spring roll wrappers

Instructions

1) In a mixing bowl, mix together the celery stalk, carrots, ginger, coconut sug

2) Get a tablespoon of the vegetable mixture and place at the center of the spri

3) Roll and seal the edges of the wrapper with the cornstarch mixture.

4) Cook in a preheated air fryer to 400F for 15 minutes or until the spring roll

Nutrition information:

Calories per serving: 118; Carbohydrates: 15g; Protein: 10g; Fat: 2g

Crispy Asparagus Dipped in Paprika-Garlic Spice

Serves: 5

Cooking Time:15 minutes

Ingredients

- ¼ cup almond flour
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- 10 medium asparagus, trimmed
- 2 large eggs, beaten
- 2 tablespoons parsley, chopped
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a mixing bowl, combine the parsley, garlic powder, almond flour, and sn and pepper to taste.

3) Soak firs the asparagus in the beaten eggs and dredge in the almond flour m

4) Place in the air fryer basket. Close.

5) Cook for 15 minutes at 350F.

Nutrition information:

Calories per serving: 114; Carbohydrates: 4.9g; Protein: 5.2g; Fat: 8.2g

Crispy Fry Green Tomatoes

Serves: 1

Cooking Time: 7 minutes

Ingredients

- ½ cup panko bread crumbs
- ½ teaspoon cooking oil
- ½ teaspoon dried basil, ground
- ½ teaspoon dried oregano, ground
- ½ teaspoon granulated onion
- 1 medium-sized green tomato, sliced
- 3 tablespoons cornstarch
- Salt and pepper to taste

Instructions

1) In a mixing bowl, combine the panko bread crumbs, cornstarch, basil, orega

2) Dredge the tomato slices in the bread crumb mixture.

3) Brush with oil and arrange on the double layer rack.

4) Place the rack with the dredged tomato slices in the air fryer.

5) Close the lid and cook for 7 minutes at 330F.

Nutrition information:

Calories per serving: 260; Carbs: 54.1g; Protein: 5.4g; Fat: 3.4g

Crispy Onion Seasoned with Paprika ‘n Cajun

Serves: 4

Cooking Time: 20 minutes

Ingredients

- ¼ cup coconut milk
- ½ teaspoon Cajun seasoning
- ¾ cup almond flour
- 1 ½ teaspoon paprika
- 1 large white onion
- 1 teaspoon garlic powder
- 2 large eggs, beaten
- Salt and pepper to taste

Instructions

1) Peel the onion and cut off the top and make random slices.

2) In a mixing bowl, combine the coconut milk and the eggs.

3) Soak the onion in the egg mixture.

4) In another bowl, combine the almond flour, paprika garlic powder, Cajun s

5) Dredge the onion in the almond flour mixture.

6) Grease with cooking spray.

7) Place in the air fryer.

8) Cook for 20 minutes at 350F.

Nutrition information:

Calories per serving: 93; Carbohydrates: 6.7g; Protein: 2.6g; Fat: 6.2g

Crispy Vegetarian Ravioli

Serves: 4

Cooking Time: 6 minutes

Ingredients

- ¼ cup aquafaba
- ½ cup panko bread crumbs
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 2 teaspoons nutritional yeast
- 8-ounces vegan ravioli
- cooking spray
- salt and pepper to taste

Instructions

1) Line the air fryer basket with aluminum foil and brush with oil.

2) Preheat the air fryer to 400F.

3) Mix together the panko bread crumbs, nutritional yeast, basil, oregano, and and pepper to taste.

4) In another bowl, place the aquafaba.

5) Dip the ravioli in the aquafaba the dredge in the panko mixture.

6) Spray with cooking oil and place in the air fryer.

7) Cook for 6 minutes making sure that you shake the air fryer basket halfway

Nutrition information:

Calories per serving: 82; Carbohydrates: 12.18g; Protein:3.36 g; Fat: 2.15g

Crispy Vegie Tempura Style

Serves: 3

Cooking Time:15 minutes

Ingredients

- ¼ teaspoon salt
- ¾ cup club soda
- 1 ½ cups panko break crumbs
- 1 cup broccoli florets
- 1 egg, beaten
- 1 red bell pepper, cut into strips
- 1 small sweet potato, peeled and cut into thick slices
- 1 small zucchini, cut into thick slices
- 1/3 cup all-purpose flour
- 2/3 cup cornstarch
- Non-stick cooking spray

Instructions

1) Dredge the vegetables in a cornstarch and all-purpose flour mixture.

2) Once all vegetables are dusted with flour, dip each vegetable in a mixture o dredging in bread crumbs.

3) Place the vegetables on the double layer rack accessory and spray with cool

4) Place inside the air fryer.

5) Close and cook for 20 minutes at 330F.

Nutrition information:

Calories per serving: 277; Carbs: 51.6g; Protein: 7.2g; Fat: 4.2g

Crispy Wings with Lemony Old Bay Spice

Serves: 4

Cooking Time: 25 minutes

Ingredients

- ½ cup butter
- ¾ cup almond flour
- 1 tablespoon old bay spices
- 1 teaspoon lemon juice, freshly squeezed
- 3 pounds chicken wings
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a mixing bowl, combine all ingredients except for the butter.

3) Place in the air fryer basket.

4) Cook for 25 minutes at 350F.

5) Halfway through the Cooking
Time, shake the fryer basket for even cooking.

6) Once cooked, drizzle with melted butter.

Nutrition information:

Calories per serving: 750; Carbohydrates: 1.6g; Protein: 52.5g; Fat: 59.2g

Curry ‘n Coriander Spiced Bread Rolls

Serves: 5

Cooking Time: 15 minutes

Ingredients

- ½ teaspoon mustard seeds
- ½ teaspoon turmeric
- 1 bunch coriander, chopped
- 1 tablespoon olive oil
- 2 green chilies, seeded and chopped
- 2 small onions, chopped
- 2 sprigs, curry leaves
- 5 large potatoes, boiled
- 8 slices of vegan wheat bread, brown sides discarded
- salt and pepper to taste

Instructions

1) In a bowl, mash the potatoes and season with salt and pepper to taste. Set as

2) Heat olive oil in a skillet over medium low flame and add the mustard seeds coriander. This will be the filling.

3) Wet the bread and remove the excess water.

4) Place a tablespoon of the potato mixture in the middle of the bread and gen potato filling is completely sealed inside the bread.

5) Brush with oil and place inside the air fryer.

6) Cook in a 400F preheated air fryer for 15 minutes. Make sure to shake the a through the Cooking Time for even cooking.

Nutrition information:

Calories per serving: 462; Carbohydrates: 96.65g; Protein: 11.3g; Fat: 3.88g

Easy Baked Root Veggies

Serves: 4

Cooking Time: 45 minutes

Ingredients

- ¼ cup olive oil
- 1 head broccoli, cut into florets
- 1 tablespoon dry onion powder
- 2 sweet potatoes, peeled and cubed
- 4 carrots, cut into chunks
- 4 zucchinis, sliced thickly
- salt and pepper to taste

Instructions

1) Preheat the air fryer to 400F.

2) In a baking dish that can fit inside the air fryer, mix all the ingredients and l
vegetables are tender and the sides have browned.

Nutrition information:

Calories per serving: 310; Carbohydrates: 41.05g; Protein: 5.22g; Fat: 13.93g

Easy Fry Portobello Mushroom

Serves: 2

Cooking Time: 10 minutes

Ingredients

- 1 tablespoon cooking oil
- 1-pound Portobello mushroom, sliced
- Salt and pepper to taste

Instructions

1) Place the grill pan accessory in the air fryer.

2) In a bowl, place all Ingredients: and toss to coat and season the mushrooms

3) Place in the grill pan.

4) Close the air fryer and cook for 10 minutes at 330F.

Nutrition information:

Calories per serving: 135; Carbs: 12.2g; Protein: 7.8g; Fat: 8.5g

Egg-Less Spinach Quiche

Serves: 4

Cooking Time: 30 minutes

Ingredients

- ½ cup cold coconut oil
- ½ tablespoon dried dill
- ¾ cup whole meal flour
- 1 onion, chopped
- 1 package firm tofu, pressed to remove excess water then crumbled
- 1-pound spinach, washed and chopped
- 2 tablespoon cold water
- 2 tablespoon nutritional yeast
- 2 tablespoon olive oil
- 4 ounces mushrooms, sliced
- a pinch of salt
- a sprig of fresh parsley, chopped
- salt and pepper

Instructions

1) Preheat the air fryer to 3750F.

2) Create the pastry by sifting the flour and salt together. Add the coconut oil t
fridge to rest for 30 minutes.

3) Heat olive oil in a skillet over medium heat and sauté the onion for 1 minut

Add the spinach, dried dill, and nutritional yeast. Season with salt and pepper
last. Set aside.

4) Roll the dough on a floured surface until you form a thin dough. Place the d

Nutrition information:

Calories per serving: 531; Carbohydrates: 49.37g; Protein: 11.4g; Fat: 35.22g

Fried Broccoli Recipe From India

Serves: 6

Cooking Time: 15 minutes

Ingredients

- ¼ teaspoon turmeric powder
- ½ pounds broccoli, cut into florets
- 1 tablespoon almond flour
- 1 teaspoon garam masala
- 2 tablespoons coconut milk
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a bowl, combine all ingredients until the broccoli florets are coated with

3) Place in a fryer basket and cook for 15 minutes until crispy.

Nutrition information:

Calories per serving: 96; Carbohydrates: 8.9g; Protein: 3.1g; Fat: 6.9g

Fried Chickpea-Fig on Arugula

Serves: 4

Cooking Time: 20 minutes

Ingredients

- 1 ½ cups chickpeas, cooked
- 1 teaspoon cumin seeds, roasted then crushed
- 2 tablespoons extra-virgin olive oil
- 3 cups arugula rocket, washed and dried
- 4 tablespoons balsamic vinegar
- 8 fresh figs, halved
- salt and pepper to taste

Instructions

1) Preheat the air fryer to 375F.

2) Line the air fryer basket with aluminum foil and brush with oil.

3) Place the figs inside the air fryer and cook for 10 minutes.

4) In a mixing bowl, mix the chickpeas and cumin seeds.

5) Once the figs are cooked, take them out and place the chickpeas. Cook the c
cool

6) Meanwhile, mix the dressing by combining the balsamic vinegar, olive oil,

7) Place the arugula rocket in a salad bowl and place the cooled figs and chick

8) Pour over the sauce and toss to coat.

9) Serve immediately.

Nutrition information:

Calories per serving: 388; Carbohydrates: 62.51g; Protein:16.72 g; Fat:7.92 g

Fried Falafel Recipe from the Middle East

Serves: 8

Cooking Time: 15 minutes

Ingredients

- ¼ cup coriander, chopped
- ¼ cup parsley, chopped
- ½ onion, diced
- ½ teaspoon coriander seeds
- ½ teaspoon red pepper flakes
- ½ teaspoon salt
- 1 tablespoon juice from freshly squeezed lemon
- 1 teaspoon cumin seeds
- 2 cups chickpeas from can, drained and rinsed
- 3 cloves garlic
- 3 tablespoons all-purpose flour
- cooking spray

Instructions

1) In a skillet over medium heat, toast the cumin and coriander seeds until fra

2) Place the toasted seeds in a mortar and grind the seeds.

3) In a food processor, place all ingredients except for the cooking spray. Add seeds.

4) Pulse until fine.

5) Shape the mixture into falafels and spray cooking oil.

6) Place inside a preheated air fryer and make sure that they do not overlap.

7) Cook at 400F for 15 minutes or until the surface becomes golden brown.

Nutrition information:

Calories per serving: 110; Carbohydrates: 18.48g; Protein: 5.11g; Fat: 1.72g

Fried Tofu Recipe from Malaysia

Serves: 4

Cooking Time: 30 minutes

Ingredients

- 1 block tofu, cut into strips
- 1 tablespoon maple syrup
- 1 teaspoon sriracha sauce
- 2 cloves of garlic
- 2 tablespoons soy sauce
- 2 teaspoons fresh ginger no need to peel, coarsely chopped
- juice of 1 fresh lime

Peanut Butter Sauce
Ingredients

- 1 tablespoon soy sauce
- 1/2 cup creamy peanut butter
- 1-2 teaspoons Sriracha sauce to taste
- 2 cloves of garlic
- 2-inch piece of fresh ginger coarsely chopped
- 6 tablespoons of water
- juice of 1/2 a fresh lemon

Instructions

1) In a blender, blend all peanut butter sauce Ingredients: until smooth and cre and set aside for dipping sauce.

2) In same blender, blend garlic, sriracha, ginger, maple syrup, lime juice, and a bowl and add strips of tofu, Marinate for 30 minutes.

3) With the steel skewer, skewer tofu strips.

4) Place on skewer rack and air fry for 15 minutes at 370oF.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 347; Carbs: 16.6g; Protein: 16.6g; Fat: 23.8g

Garlic ‘n Basil Crackers

Serves: 6

Cooking Time: 15 minutes

Ingredients

- ¼ teaspoon dried basil powder
- ½ teaspoon baking powder
- 1 ¼ cups almond flour
- 1 clove of garlic, minced
- 3 tablespoons coconut oil
- A pinch of cayenne pepper powder
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Mix everything in a mixing bowl to create a dough.

3) Transfer the dough on a clean and flat working surface and spread out until

4) Place gently in the air fryer basket. Do this in batches if possible.

5) Cook for 15 minutes at 325F.

Nutrition information:

Calories per serving: 206; Carbohydrates: 2.9g; Protein: 5.3g; Fat: 19.3g

Garlic-Wine Flavored Vegetables

Serves: 4

Cooking Time: 15 minutes

Ingredients

- ¼ cup chopped fresh basil
- 1 ½ tablespoons honey1 teaspoon Dijon mustard
- 1 cup baby Portobello mushrooms, chopped
- 1 package frozen chopped vegetables
- 1 red onion, sliced
- 1/3 cup olive oil
- 3 tablespoon red wine vinegar
- 4 cloves of garlic, minced
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 330F.

2) Place the grill pan accessory in the air fryer.

3) In a Ziploc bag, combine the vegetables and season with salt, pepper, and g combine everything.

4) Dump on to the grill pan and cook for 15 minutes.

5) Meanwhile, combine the rest of the Ingredients: on bowl and season with ᴨ

6) Drizzle the grilled vegetables with the sauce.

Nutrition information:

Calories per serving: 200; Carbs: 8.3g; Protein: 2.1g; Fat: 18.2g

Grilled ‘n Glazed Strawberries

Serves: 2

Cooking Time: 20 minutes

Ingredients

- 1 tbsp honey
- 1 tsp lemon zest
- 1-lb large strawberries
- 3 tbsp melted butter
- Lemon wedges
- Pinch kosher salt

Instructions

1) Thread strawberries in 4 skewers.

2) In a small bowl, mix well remaining Ingredients: except for lemon wedges.

3) Place skewer on air fryer skewer rack.

4) For 10 minutes, cook on 360oF. Halfway through Cooking.Time, brush wit skewer.

5) Serve and enjoy with a squeeze of lemon.

Nutrition information:

Calories per Serving: 281; Carbs: 27.9g; Protein: 1.8g; Fat: 18.0g

Grilled ‘n Spiced Tomatoes on Garden Salad

Serves: 4

Cooking Time: 20 minutes

Ingredients

- ¼ cup golden raisings
- ¼ cup hazelnuts, toasted and chopped
- ¼ cup pistachios, toasted and chopped
- ½ cup chopped chives
- ¾ cup cilantro leaves, chopped
- ¾ cup fresh parsley, chopped
- 1 clove of garlic, minced
- 2 tablespoons white balsamic vinegar
- 3 large green tomatoes
- 4 leaves iceberg lettuce
- 5 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 330F.

2) Place the grill pan accessory in the air fryer.

3) In a mixing bowl, season the tomatoes with garlic, oil, salt and pepper to ta

4) Place on the grill pan and grill for 20 minutes.

5) Once the tomatoes are done, toss in a salad bowl together with the rest of th

Nutrition information:

Calories per serving: 287; Carbs: 12.2g; Protein: 4.8g; Fat: 25.9g

Grilled Drunken Mushrooms

Serves: 4

Cooking Time: 20 minutes

Ingredients

- 2 garlic cloves, finely chopped
- 3 tablespoons chopped fresh thyme and/or rosemary leaves
- Large pinch of crushed red pepper flakes
- 1 teaspoon kosher salt, plus more to taste
- 6 scallions, cut crosswise into 2-inch pieces
- 1-pint cherry tomatoes
- 1-pint cremini, button, or other small mushrooms
- 1/2 cup extra-virgin olive oil
- 1/2 teaspoon freshly ground black pepper, plus more to taste
- 1/4 cup red wine or Sherry vinegar

Instructions

1) In Ziploc bag, mix well black pepper, salt, red pepper flakes, thyme, vinega tomatoes, and scallions. Mix well and let it marinate for half an hour.

2) Thread mushrooms, tomatoes, and scallions. Reserve sauce for basting. Pla needed, cook in batches.

3) For 10 minutes, cook on 360oF. Halfway through Cooking.Time, turnover sauce.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 126; Carbs: 4.1g; Protein: 1.0g; Fat: 11.7g

Grilled Eggplant with Cumin-Paprika Spice

Serves: 2

Cooking Time: 20 minutes

Ingredients

- 1 Chinese eggplant, sliced into 1-inch thick circles
- 1 medium bell pepper, cut into chunks
- 1 tablespoon coriander seeds
- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 zucchini, sliced into 1-inch thick circles
- 3 garlic cloves

Instructions

1) In a food processor, process garlic, coriander, olive oil, cumin, paprika, and

2) Thread bell pepper, eggplant, and zucchini in skewers. Brush with garlic cr in air fryer.

3) For 10 minutes, cook on 360oF. Halfway through Cooking.Time, turnover

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 181; Carbs: 22.4g; Protein: 4.2g; Fat: 8.2g

Grilled Olive-Tomato with Dill-Parsley Oil

Serves: 6

Cooking Time: 16 minutes

Ingredients

- 1 big block of feta (about 12-oz.), cut into cubes
- 1 tbsp lemon juice
- 1 clove garlic, smashed
- 1 tbsp Chopped fresh dill
- 1 tbsp chopped fresh parsley
- Flaky sea salt
- Freshly ground black pepper
- 12 pitted kalamata olives
- 12 cherry tomatoes
- 1 cucumber, cut into 12 large cubes
- 1/4 cup extra-virgin olive oil

Instructions

1) In a medium bowl, whisk well parsley, dill, garlic, lemon juice, and olive o

Add feta cheese and marinate for at least 15 minutes.

2) Thread feta, olives, cherry tomatoes, and cucumber in skewers. Place on sk
cook in batches.

3) Cook for 8 minutes at 390oF.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 217; Carbs: 7.1g; Protein: 8.8g; Fat: 17.0g

Healthy Apple-licious Chips

Serves: 1

Cooking Time: 6 minutes

Ingredients

- ½ teaspoon ground cumin
- 1 apple, cored and sliced thinly
- 1 tablespoon sugar
- A pinch of salt

Instructions

1) Place all ingredients in a bowl and toss to coat everything.

2) Put the grill pan accessory in the air fryer and place the sliced apples on the

3) Close the air fryer and cook for 6 minutes at 390F.

Nutrition information:

Calories per serving:130 ; Carbs: 33.6g; Protein: 0.6g; Fat: 0.5g

Healthy Breakfast Casserole

Serves: 2

Cooking Time: 30 minutes

Ingredients

- ½ cup cooked quinoa
- ½ cup diced bell pepper
- ½ cup shiitake mushrooms, diced
- ½ tsp black pepper
- ½ tsp dill
- ½ tsp ground cumin
- ½ tsp red pepper flakes
- ½ tsp salt
- 1 large carrot, peeled and chopped
- 1 small onion, diced
- 1 tbsp lemon juice
- 1 tsp dried oregano
- 1 tsp garlic, minced
- 1 tsp olive oil
- 2 small celery stalks, chopped
- 2 tbsp soy yogurt, plain
- 2 tbsp water
- 2 tbsp yeast
- 7-oz extra firm tofu, drained

Instructions

1) Lightly grease baking pan of air fryer with olive oil. Add garlic and onion.

2) For 2 minutes, cook on 390oF.

3) Remove basket, stir in bell pepper, celery, and carrots. Cook for 3 minutes.

4) Remove basket, give a quick stir. Then add cumin, red pepper flakes, dill, p mushrooms. Mix well. Cook for 5 minutes. Mixing halfway through Cooking Time.

5) Meanwhile, in a food processor pulse lemon juice, water, yogurt, yeast, and
6) Transfer creamy tofu mixture into air fryer basket. Add quinoa and give a g
7) Cook for another 15 minutes at 330oF or until golden brown.
8) Let it rest for 5 minutes.
9) Serve and enjoy.

Nutrition information:

Calories per Serving: 280; Carbs: 28.6g; Protein: 18.5g; Fat: 10.1g

Herby Veggie Cornish Pasties

Serves: 4

Cooking Time: 30 minutes

Ingredients

- ¼ cup mushrooms, chopped
- ¾ cup cold coconut oil
- 1 ½ cups plain flour
- 1 medium carrot, chopped
- 1 medium potato, diced
- 1 onion, sliced
- 1 stick celery, chopped
- 1 tablespoon nutritional yeast
- 1 tablespoon olive oil
- 1 teaspoon oregano
- a pinch of salt
- cold water for mixing the dough
- salt and pepper to taste

Instructions

1) Preheat the air fryer to 400F.

2) Prepare the dough by mixing the flour, coconut oil, and salt in a bowl. Use
dough. Cover the dough with a cling film and let it rest for 30 minutes inside t

3) Roll the dough out and cut into squares. Set aside.

4) Heat olive oil over medium heat and sauté the onions for 2 minutes. Add th

Continue stirring for 3 to 5 minutes before adding the mushrooms and oregano

5) Season with salt and pepper to taste. Add nutritional yeast last. Let it cool a

6) Drop a tablespoon of vegetable mixture on to the dough and seal the edges

7) Place inside the air fryer basket and cook for 20 minutes or until the dough

Nutrition information:

Calories per serving: 659; Carbohydrates: 56.66g; Protein: 8.55g; Fat: 44.97g

Herby Zucchini ‘n Eggplant Bake

Serves: 4

Cooking Time: 25 minutes

Ingredients

- ½ lemon, juiced
- 1 fennel bulb, sliced crosswise
- 1 sprig flat-leaf parsley
- 1 sprig mint
- 1 sprig of basil
- 1 tablespoon coriander powder
- 1 teaspoon capers
- 2 eggplants, sliced crosswise
- 2 red onions, chopped
- 2 red peppers, sliced crosswise
- 2 teaspoons herb de Provence
- 3 large zucchinis, sliced crosswise
- 4 cloves of garlic, minced
- 4 large tomatoes, chopped
- 5 tablespoons olive oil
- salt and pepper to taste

Instructions

1) In a blender, combine basil, parsley, mint, coriander, capers and lemon juic taste. Pulse until well combined.

2) Preheat the air fryer to 400F.

3) Toss the eggplant, onions, garlic, peppers, fennel, and zucchini with olive o

4) In a baking dish that can fit in the air fryer, arrange the vegetables and pour puree. Season with more salt and pepper and sprinkle with herbs de Provence.

5) Place inside the air fryer and cook for 25 minutes.

Nutrition information:

Calories per serving: 375; Carbohydrates: 47.83g; Protein: 8.99g; Fat: 20.03g

Hollandaise Topped Grilled Asparagus

Serves: 6

Cooking Time: 15 minutes

Ingredients

- ¼ teaspoon black pepper
- ½ cup butter, melted
- ½ lemon juice
- ½ teaspoon salt
- ½ teaspoon salt
- 1 teaspoon chopped tarragon leaves
- 2 tablespoons olive oil
- 3 egg yolks
- 3 pounds asparagus spears, trimmed
- A pinch of mustard powder
- A punch of ground white pepper

Instructions

1) Preheat the air fryer to 330F.

2) Place the grill pan accessory in the air fryer.

3) In a Ziploc bag, combine the asparagus, olive oil, salt and pepper. Give a g

4) Dump on to the grill pan and cook for 15 minutes.

5) Meanwhile, on a double boiler over medium flame, whisk the egg yolks, le
Garnish with tarragon leaves.

6) Drizzle the sauce over asparagus spears.

Nutrition information:

Calories per serving: 253; Carbs: 10.2g; Protein: 6.7g; Fat: 22.4g

Italian Seasoned Easy Pasta Chips

Serves: 2

Cooking Time:10 minutes

Ingredients

- ½ teaspoon salt
- 1 ½ teaspoon Italian seasoning blend
- 1 tablespoon nutritional yeast
- 1 tablespoon olive oil
- 2 cups whole wheat bowtie pasta

Instructions

1) Place the baking dish accessory in the air fryer.

2) Give a good stir.

3) Close the air fryer and cook for 10 minutes at 390F.

Nutrition information:

Calories per serving:407; Carbs: 47g; Protein: 17.9g; Fat: 17.4g

Jackfruit-Cream Cheese Rangoon

Serves: 2

Cooking Time: 10 minutes

Ingredients

- ¾ Thai curry paste
- 1 can green jackfruit in brine
- 1 cup vegan cream cheese
- 1 scallion, chopped
- 2 cups vegetable broth
- 2 teaspoon sesame oil
- Salt and pepper to taste

Instructions

1) Place the baking pan accessory in the air fryer.

2) Add the rest of the ingredients and give a good stir.

3) Close the air fryer and cook for 10 minutes at 390F.

Nutrition information:

Calories per serving: 457; Carbs: 107.3g; Protein: 0.8g; Fat: 6.8g

Jalapeno Stuffed with Bacon ‘n Cheeses

Serves: 8

Cooking Time: 15 minutes

Ingredients

- ¼ cup cheddar cheese, shredded
- 1 teaspoon paprika
- 16 fresh jalapenos, sliced lengthwise and seeded
- 16 strips of uncured bacon, cut into half
- 4-ounce cream cheese
- Salt to taste

Instructions

1) In a mixing bowl, mix together the cream cheese, cheddar cheese, salt, and combined.

2) Scoop half a teaspoon onto each half of jalapeno peppers.

3) Use a thin strip of bacon and wrap it around the cheese-filled jalapeno half. Wear gloves when doing this step because jalapeno is very spicy.

4) Place in the air fryer basket and cook for 15 minutes in a 350F preheated ai

Nutrition information:

Calories per serving: 225; Carbohydrates: 3.2g; Protein: 10.6g; Fat: 18.9g

Layered Tortilla Bake

Serves: 6

Cooking Time: 30 minutes

Ingredients

- 1 (15 ounce) can black beans, rinsed and drained
- 1 cup salsa
- 1 cup salsa, divided
- 1/2 cup chopped tomatoes
- 1/2 cup sour cream
- 2 (15 ounce) cans pinto beans, drained and rinsed
- 2 cloves garlic, minced
- 2 cups shredded reduced-fat Cheddar cheese
- 2 tablespoons chopped fresh cilantro
- 7 (8 inch) flour tortillas

Instructions

1) Mash pinto beans in a large bowl and mix in garlic and salsa.

2) In another bowl whisk together tomatoes, black beans, cilantro, and ¼ cup s

3) Lightly grease baking pan of air fryer with cooking spray. Spread 1 tortilla, evenly up to ½-
inch away from the edge of tortilla, spread ¼ cup cheese on top. Cover with a spread 2/3 cup black bean mixture, and then ¼ cup cheese. Repeat twice the la the last tortilla, top with pinto bean mixture and then cheese.

4) Cover pan with foil.

5) Cook for 25 minutes at 390oF, remove foil and cook for 5 minutes or until

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 409; Carbs: 54.8g; Protein: 21.1g; Fat: 11.7g

Loaded Brekky Hash Browns

Serves: 4

Cooking Time: 20 minutes

Ingredients

- 3 russet potatoes, peeled and grated
- 2 garlic cloves chopped
- 1 teaspoon paprika
- salt and pepper to taste
- 1 teaspoon canola oil
- 1 teaspoon olive oil
- 1/4 cup chopped green peppers
- 1/4 cup chopped red peppers
- 1/4 cup chopped onions

Instructions

1) For 20 minutes, soak the grated potatoes in a bowl of cold water to make it

Then drain well and completely dry with paper towels.

2) Lightly grease baking pan of air fryer with cooking spray.

3) Add grated potatoes in air fryer. Season with garlic, paprika, salt, and peppe well to coat.

4) For 10 minutes, cook on 390oF.

5) Remove basket and toss the mixture a bit. Stir in green and red peppers, and

6) Cook for another 10 minutes.

7) Serve and enjoy.

Nutrition information:

Calories per Serving: 263; Carbs: 53.2g; Protein: 6.5g; Fat: 2.6g

Melted Cheese ‘n Almonds on Tomato

Serves: 3

Cooking Time: 20 minutes

Ingredients

- ¼ cup toasted almonds
- 1 yellow red bell pepper, chopped
- 3 large tomatoes
- 4 ounces Monterey Jack cheese
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 330F.

2) Place the grill pan accessory in the air fryer.

3) Slice the tops of the tomatoes and remove the seeds to create hollow “cups.

4) In a mixing bowl, combine the cheese, bell pepper, and almonds. Season w

5) Stuff the tomatoes with the cheese filling.

6) Place the stuffed tomatoes on the grill pan and cook for 15 to 20 minutes.

Nutrition information:

Calories per serving: 125; Carbs: 13g; Protein: 10g; Fat: 14g

Minty Green Beans with Shallots

Serves: 6

Cooking Time: 25 minutes

Ingredients

- 1 tablespoon fresh mint, chopped
- 1 tablespoon sesame seeds, toasted
- 1 tablespoon vegetable oil
- 1 teaspoon soy sauce
- 1-pound fresh green beans, trimmed
- 2 large shallots, sliced
- 2 tablespoons fresh basil, chopped
- 2 tablespoons pine nuts

Instructions

1) Preheat the air fryer to 330F.

2) Place the grill pan accessory in the air fryer.

3) In a mixing bowl, combine the green beans, shallots, vegetable oil, and soy

4) Dump in the air fryer and cook for 25 minutes.

5) Once cooked, garnish with basil, mints, sesame seeds, and pine nuts.

Nutrition information:

Calories per serving:307 ; Carbs: 11.2g; Protein: 23.7g; Fat: 19.7g

Mushroom ‘n Bell Pepper Pizza

Serves: 10

Cooking Time: 10 minutes

Ingredients

- ¼ red bell pepper, chopped
- 1 cup oyster mushrooms, chopped
- 1 shallot, chopped
- 1 vegan pizza dough
- 2 tablespoons parsley
- salt and pepper

Instructions

1) Preheat the air fryer to 400F.

2) Slice the pizza dough into squares. Set aside.

3) In a mixing bowl, mix together the oyster mushroom, shallot, bell pepper a

4) Season with salt and pepper to taste.

5) Place the topping on top of the pizza squares.

6) Place inside the air fryer and cook for 10 minutes.

Nutrition information:

Calories per serving: 100; Carbohydrates: 15.67g; Protein: 2.9g; Fat:2.89 g

Mushrooms Marinated in Garlic Coco-Aminos

Serves: 8

Cooking Time: 20 minutes

Ingredients

- ¼ cup coconut aminos
- 2 cloves of garlic, minced
- 2 pounds mushrooms, sliced
- 3 tablespoons olive oil

Instructions

1) Place all ingredients in a dish and mix until well-combined.

2) Allow to marinate for 2 hours in the fridge.

3) Preheat the air fryer for 5 minutes.

4) Place the mushrooms in a heat-proof dish that will fit in the air fryer.

5) Cook for 20 minutes at 350F.

Nutrition information:

Calories per serving: 467; Carbohydrates: 86g; Protein: 6.2g; Fat: 10.9g

Mushrooms Stuffed with Cream Cheese-Pesto

Serves: 5

Cooking Time: 15 minutes

Ingredients

- ¼ cup olive oil
- ½ cup cream cheese
- ½ cup pine nuts
- 1 cup basil leaves
- 1 tablespoon lemon juice, freshly squeezed
- 1-pound cremini mushrooms, stalks removed
- Salt to taste

Instructions

1) Place all ingredients except the mushrooms in a food processor.

2) Pulse until fine.

3) Scoop the mixture and place on the side where the stalks were removed.

4) Place the mushrooms in the fryer basket.

5) Close and cook for 15 minutes in a 350F preheated air fryer.

Nutrition information:

Calories per serving: 585; Carbohydrates: 71.2g; Protein: 12.6g; Fat: 27.8g

Open-Faced Vegan Flatbread-wich

Serves: 4

Cooking Time: 25 minutes

Ingredients

- 1 can chickpeas, drained and rinsed
- 1 medium-sized head of cauliflower, cut into florets
- 1 tablespoon extra-virgin olive oil
- 2 ripe avocados, mashed
- 2 tablespoons lemon juice
- 4 flatbreads, toasted
- salt and pepper to taste

Instructions

1) Preheat the air fryer to 4250F.

2) In a mixing bowl, combine the cauliflower, chickpeas, olive oil, and lemon to taste.

3) Place inside the air fryer basket and cook for 25 minutes.

4) Once cooked, place on half of the flatbread and add avocado mash.

5) Season with more salt and pepper to taste.

6) Serve with hot sauce.

Nutrition information:

Calories per serving: 529; Carbohydrates: 65g; Protein:11 g; Fat: 25g

Orange Glazed Fried Tofu

Serves: 4

Cooking Time: 25 minutes

Ingredients

- 1 Tablespoon cornstarch (or arrowroot powder)
- 1 Tablespoon tamari
- 1-pound extra-firm tofu drained and pressed (or use super-firm tofu), cut in cubes

Sauce
Ingredients

- 1 teaspoon orange zest
- 2 teaspoons cornstarch (or arrowroot powder)
- 1 teaspoon fresh ginger minced
- 1 teaspoon fresh garlic minced
- 1 Tablespoon pure maple syrup
- 1/2 cup water
- 1/3 cup orange juice
- 1/4 teaspoon crushed red pepper flakes

Instructions

1) In a bowl, mix tofu with tamari and a tablespoon of cornstarch. Marinate fo to coat every now and then.

2) In a small bowl mix all sauce Ingredients: and set aside.

3) Lightly grease baking pan of air fryer with cooking spray. Add tofu for 10 r through Cooking Time, stir. Cook for 10 minutes more.

4) Stir in sauce, toss well to coat. Cook for another 5 minutes.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 63; Carbs: 11.0g; Protein: 8.0g; Fat: 3.0g

Pepper-Pineapple with Butter-Sugar Glaze

Serves: 2

Cooking Time: 10 minutes

Ingredients

- 1 medium-sized pineapple, peeled and sliced
- 1 red bell pepper, seeded and julienned
- 1 teaspoon brown sugar
- 2 teaspoons melted butter
- Salt to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Mix all ingredients in a Ziploc bag and give a good shake.

4) Dump onto the grill pan and cook for 10 minutes making sure that you flip

Nutrition information:

Calories per serving: 295; Carbs: 57g; Protein: 1g; Fat: 8g

Pita ‘n Tomato Pesto Casserole

Serves: 3

Cooking Time: 5 minutes

Ingredients

- 1 roma (plum) tomatoes, chopped
- 1 tablespoon and 1-1/2 teaspoons olive oil
- 1 tablespoon grated Parmesan cheese
- 1/2 bunch spinach, rinsed and chopped
- 1/4 cup crumbled feta cheese
- 2 fresh mushrooms, sliced
- 3 (6 inch) whole wheat pita breads
- 3-ounce sun-dried tomato pesto
- ground black pepper to taste

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) Evenly spread tomato pesto on one side of pita bread. Place one pita bread

3) Cook for 5 minutes at 390oF until tops crisped.

4) Repeat process for remaining pita bread.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 367; Carbs: 41.6g; Protein: 11.6g; Fat: 17.1g

Pull-Apart Bread With Garlicky Oil

Serves: 2

Cooking Time: 10 minutes

Ingredients

- 1 large vegan bread loaf
- 2 tablespoons garlic puree
- 2 tablespoons nutritional yeast
- 2 tablespoons olive oil
- 2 teaspoons chives
- salt and pepper to taste

Instructions

1) Preheat the air fryer to 3570F.

2) Slice the bread loaf making sure that you don’t slice through the bread.

3) In a mixing bowl, combine the olive oil, garlic puree, and nutritional yeast.

4) Pour over the mixture on top of the slices you made on the bread.

5) Sprinkle with chopped chives and season with salt and pepper.

6) Place inside the air fryer and cook for 10 minutes or until the garlic is thoro

Nutrition information:

Calories per serving: 219; Carbohydrates: 16.07g; Protein: 6.65g; Fat: 14.26g

Quinoa Bowl with Lime-Sriracha

Serves: 4

Cooking Time: 10 minutes

Ingredients

- ¼ cup soy sauce
- 1 block extra firm tofu
- 1 red bell pepper, sliced
- 1 tablespoon sriracha
- 1-pound fresh broccoli florets, blanched
- 2 cups quinoa, cooked according to package instruction
- 2 tablespoons lime juice
- 2 tablespoons sesame oil
- 3 medium carrots, peeled and thinly sliced
- 3 tablespoons molasses
- 8 ounces spinach, blanched
- Salt and pepper to taste

Instructions

1) Season tofu with sesame oil, salt and pepper.

2) Place the grill pan accessory in the air fryer.

3) Place the seasoned tofu on the grill pan accessory.

4) Close the air fryer and cook for 10 minutes at 330F.

5) Stir the tofu to brown all sides evenly.

6) Set aside and arrange the Buddha bowl.

7) In a mixing bowl, combine the soy sauce, molasses, lime juice and sriracha

8) Place quinoa in bowls and top with broccoli, carrots, red bell pepper, and sp

9) Top in tofu and drizzle with the sauce last.

Nutrition information:

Calories per serving: 157; Carbs: 17g; Protein: 9g; Fat: 6g

Roasted Bell Peppers ‘n Onions in a Salad

Serves: 4

Cooking Time: 10 minutes

Ingredients

- ½ lemon, juiced
- 1 tablespoon baby capers
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon paprika
- 2 large red onions sliced
- 2 yellow pepper, sliced
- 4 long red pepper, sliced
- 6 cloves of garlic, crushed
- 6 plum tomatoes, halved
- salt and pepper to taste

Instructions

1) Preheat the air fryer to 4200F.

2) Place the tomatoes, onions, peppers, and garlic in a mixing bowl.

3) Add in the extra virgin olive oil, paprika, and lemon juice. Season with salt

4) Transfer into the air fryer lined with aluminum foil and cook for 10 minutes vegetables have browned.

5) Place in a salad bowl and add the baby capers. Toss to combine all ingredie

Nutrition information:

Calories per serving: 163; Carbohydrates: 36.56g; Protein: 3.58g; Fat:2.08 g

Roasted Broccoli with Salted Garlic

Serves: 6

Ingredients

- ½ teaspoon black pepper
- ½ teaspoon lemon juice.
- 1 clove of garlic, minced
- 1 teaspoon salt
- 2 heads broccoli, cut into florets
- 2 teaspoons extra virgin olive oil

Instructions

1) Line the air fryer basket with aluminum foil and brush with oil.

2) Preheat the air fryer to 3750F.

3) Combine all ingredients except the lemon juice in a mixing bowl and place

4) Cook for 15 minutes.

5) Serve with lemon juice.

Nutrition information:

Calories per serving: 51; Carbohydrates: 4.66g; Protein: 4.86g; Fat:1.4 g

Roasted Chat-Masala Spiced Broccoli

Serves: 2

Cooking Time:15 minutes

Ingredients

- ¼ teaspoon chat masala
- ¼ teaspoons turmeric powder
- ½ teaspoon salt
- 1 tablespoon chickpea flour
- 2 cups broccoli florets
- 2 tablespoons yogurt

Instructions

1) Place all ingredients in a bowl and toss the broccoli florets to combine.

2) Place the baking dish accessory in the air fryer and place the broccoli floret

3) Close the air fryer and cook for 15 minutes at 330F.

4) Halfway through the Cooking Time, give the baking dish a shake.

Nutrition information:

Calories per serving:96 ; Carbs: 16.8g; Protein: 7.1g; Fat:1.3 g

Roasted Mushrooms in Herb-Garlic Oil

Serves: 4

Cooking Time: 25 minutes

Ingredients

- ½ teaspoon minced garlic
- 2 pounds mushrooms
- 2 teaspoons herbs de Provence
- 3 tablespoons coconut oil
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Place all ingredients in a baking dish that will fit in the air fryer.

3) Mix to combine.

4) Place the baking dish in the air fryer.

5) Cook for 25 minutes at 350F.

Nutrition information:

Calories per serving: 746; Carbohydrates: 172.2g; Protein: 12.4g; Fat: 21.9g

Rosemary Olive-Oil Over Shrooms n Asparagus

Serves: 6

Cooking Time: 15 minutes

Ingredients

- ½ pound fresh mushroom, quartered
- 1 bunch fresh asparagus, trimmed and cleaned
- 2 sprigs of fresh rosemary, minced
- 2 teaspoon olive oil
- salt and pepper to taste

Instructions

1) Preheat the air fryer to 400F.

2) Place the asparagus and mushrooms in a bowl and pour the rest of the ingre

3) Toss to coat the asparagus and mushrooms.

4) Place inside the air fryer and cook for 15 minutes.

Nutrition information:

Calories per serving: 149; Carbohydrates: 29.2g; Protein: 3.77g; Fat:1.89 g

Salted ‘n Herbed Potato Packets

Serves: 3

Cooking Time: 40 minutes

Ingredients

- 1 ½ teaspoons seasoning blend
- 1 onion, sliced
- 2 large russet potatoes, peeled and sliced
- 2 medium red sweet potatoes, sliced
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 330F.

2) Place the grill pan accessory in the air fryer.

3) Take a large foil and place all ingredients in the middle. Give a good stir. F

4) Place the foil on the grill pan.

5) Cook for 40 minutes.

Nutrition information:

Calories per serving: 362; Carbs: 68.4g; Protein: 6.3g; Fat: 9.4g

Salted Beet Chips

Serves: 2

Cooking Time:6 minutes

Ingredients

- 1 tablespoon cooking oil
- 1-pound beets, peeled and sliced
- Salt and pepper to taste

Instructions

1) Place all Ingredients: in a bowl and toss to coat everything.

2) Place the sliced beets in the double layer rack.

3) Place the rack with the beets in the air fryer.

4) Close the air fryer and cook for 6 minutes at 390F.

Nutrition information:

Calories per serving: 167; Carbs: 23.8g; Protein: 4.1g; Fat: 7.2g

Salted Garlic Zucchini Fries

Serves: 6

Cooking Time: 15 minutes

Ingredients

- ¼ teaspoon garlic powder
- ½ cup almond flour
- 2 large egg whites, beaten
- 3 medium zucchinis, sliced into fry sticks
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Mix all ingredients in a bowl until the zucchini fries are well coated.

3) Place in the air fryer basket.

4) Close and cook for 15 minutes for 4250F.

Nutrition information:

Calories per serving:11; Carbohydrates: 1g; Protein: 0.1g; Fat: 1.5g

Salted Potato-Kale Nuggets

Serves: 4

Cooking Time: 20 minutes

Ingredients

- ¼ teaspoon salt
- 1 clove of garlic, minced
- 1 teaspoon extra-virgin olive oil
- 1/8 cup almond milk
- 1/8 teaspoon black pepper
- 2 cups boiled potatoes, finely chopped
- 4 cups kale, rinsed and chopped
- cooking spray

Instructions

1) Preheat the air fryer to 400F.

2) Place a foil at the base of the air fryer basket and poke holes to allow air cir

3) Heat oil in a large skillet and sauté the garlic for 2 minutes. Add the kale ur bowl.

4) Add the potatoes and almond milk. Season with salt and pepper to taste.

5) Form balls and spray with cooking oil.

6) Place inside the air fryer and cook for 20 minutes or until golden brown.

Nutrition information:

Calories per serving: 88; Carbohydrates: 18.05g; Protein:2.13 g; Fat: 0.81g

Savory Zucchini-Bell Pepper Medley

Serves: 4

Cooking Time: 15 minutes

Ingredients

- 1 green pepper, seeded and julienned
- 1 large zucchini
- 1 red pepper, seeded and julienned
- 1 teaspoon mixed herbs
- 1 teaspoon prepared mustard
- 2 teaspoon minced garlic
- 6 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Place all ingredients in a baking dish that will fit in the air fryer.

3) Place in the air fryer.

4) Cook for 15 minutes at 350F.

Nutrition information:

Calories per serving: 218; Carbohydrates: 6.2g; Protein: 1.7g; Fat: 20.7g

Scrumptiously Healthy Chips

Serves: 2

Cooking Time: 10 minutes

Ingredients

- 1 bunch kale
- 1 teaspoon garlic powder
- 2 tablespoons almond flour
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a bowl, combine all ingredients until the kale leaves are coated with the

3) Place in a fryer basket and cook for 10 minutes until crispy.

Nutrition information:

Calories per serving: 183; Carbohydrates: 3.1g; Protein: 4.5g; Fat: 16.9g

Shallots ‘n Almonds on French Green Beans

Serves: 4

Cooking Time: 10 minutes

Ingredients

- ¼ cup slivered almonds, toasted
- ½ pounds shallots, peeled and cut into quarters
- ½ teaspoon ground white pepper
- 1 ½ pound French green beans, stems removed and blanched
- 1 tablespoon salt
- 2 tablespoon olive oil

Instructions

1) Preheat the air fryer to 400F.

2) Mix all ingredients in a mixing bowl. Toss until well combined.

3) Place inside the air fryer basket and cook for 10 minutes or until lightly bro

Nutrition information:

Calories per serving: 171; Carbohydrates: 22.51g; Protein: 3.93g; Fat: 7.2g

Shepherd’s Pie Vegetarian Approved

Serves: 3

Cooking Time: 35 minutes

Top Layer
Ingredients

- 2 tablespoons olive oil
- 1 teaspoon salt
- 2-1/2 russet potatoes, peeled and cut into 1-inch cubes
- 1 tablespoon and 1-
  1/2 teaspoons vegan cream cheese substitute (such as Tofutti ®)
- 1/4 cup vegan mayonnaise
- 1/4 cup soy milk

Bottom Layer
Ingredients

- 1 carrot, chopped
- 1-1/2 teaspoons vegetable oil
- 1/2 large yellow onion, chopped
- 1-1/2 stalks celery, chopped
- 1/2 tomato, chopped
- 1/2 teaspoon Italian seasoning
- 1/2 clove garlic, minced, or more to taste
- 1/2 pinch ground black pepper to taste
- 1/2 (14 ounce) package vegetarian ground beef substitute
- 1/4 cup frozen peas
- 1/4 cup shredded Cheddar-style soy cheese

Instructions

1) Boil potatoes until tender. Drain and transfer to a bowl. Mash potatoes with oil, soy milk, and vegan mayonnaise. Mix well until smooth. Set aside.

2) Lightly grease baking pan of air fryer with cooking spray. Add carrot, celer

10 minutes, cook on 360oF. Stirring halfway through Cooking Time.

3) Stir in pepper, garlic, and Italian seasoning.

4) Stir in vegetarian ground beef substitute. Cook for 5 minutes while halfway **Time** crumbling and mixing the beef substitute.

5) Evenly spread the beef and veggie mixture in pan. Top evenly with mashed

6) Cook for another 20 minutes or until mashed potatoes are lightly browned.

7) Serve and enjoy.

Nutrition information:

Calories per Serving: 559; Carbs: 64.5g; Protein: 20.2g; Fat: 24.4g

Skewered Corn in Air Fryer

Serves: 2

Cooking Time: 25 minutes

Ingredients

- 1-pound apricot, halved
- 2 ears of corn
- 2 medium green peppers, cut into large chunks
- 2 teaspoons prepared mustard
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 330F.

2) Place the grill pan accessory in the air fryer.

3) On the double layer rack with the skewer accessories, skewer the corn, gree with salt and pepper to taste.

4) Place skewered corn on the double layer rack and cook for 25 minutes.

5) Once cooked, brush with prepared mustard.

Nutrition information:

Calories per serving: 341; Carbs: 82.5g; Protein: 7.43g; Fat: 2.2g

Spicy Veggie Recipe from Thailand

Serves: 4

Cooking Time: 15 minutes

Ingredients

- 1 ½ cups packed cilantro leaves
- 1 tablespoon black pepper
- 1 tablespoon chili garlic sauce
- 1/3 cup vegetable oil
- 2 pounds vegetable of your choice, sliced into cubes
- 2 tablespoons fish sauce
- 8 cloves of garlic, minced

Instructions

1) Preheat the air fryer to 330F.

2) Place the grill pan accessory in the air fryer.

3) Place all Ingredients: in a mixing bowl and toss to coat all Ingredients.

4) Put in the grill pan and cook for 15 minutes.

Nutrition information:

Calories per serving: 340; Carbs: 34.44g; Protein:8.8 g; Fat: 19.5g

Spinach Balls Spiced with Garlic ‘n Pepper

Serves: 4

Cooking Time: 10 minutes

Ingredients

- ½ onion, chopped
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- 1 carrot, peeled and grated
- 1 egg, beaten
- 1 package fresh spinach, blanched and chopped
- 1 tablespoon corn flour
- 1 tablespoon nutritional yeast
- 1 teaspoon garlic, minced
- 1 teaspoon salt
- 2 slices bread, toasted and made into bread crumbs

Instructions

1) In a mixing bowl, combine all the ingredients except the bread crumbs.

2) Create small balls and roll over the bread crumbs.

3) Place the spinach balls inside the air fryer and cook at 390F for 10 minutes.

Nutrition information:

Calories per serving: 115; Carbohydrates: 14.01g; Protein: 7.35g; Fat: 3.33g

Sweet ‘n Nutty Marinated Cauliflower-Tofu

Serves: 2

Cooking Time: 20 minutes

Ingredients

- ¼ cup brown sugar
- ¼ cup low sodium soy sauce
- ½ teaspoon chili garlic sauce
- 1 package extra firm tofu, pressed to release extra water and cut into cubes
- 1 small head cauliflower, cut into florets
- 1 tablespoon sesame oil
- 2 ½ tablespoons almond butter
- 2 cloves of garlic, minced

Instructions

1) Place the garlic, sesame oil, soy sauce, sugar, chili garlic sauce, and almonc until well combined.

2) Place the tofu cubes and cauliflower in the marinade and allow to soak up t

3) Preheat the air fryer to 400F. Add tofu and cauliflower. Coo for 20 minutes Cooking Time.

4) Meanwhile, place the remaining marinade in a saucepan and bring to a boil to low once boiling and stir until the sauce thickens.

5) Pour the sauce over the tofu and cauliflower.

6) Serve with rice or noodles.

Nutrition information:

Calories per serving: 365; Carbohydrates: 40.1g; Protein: 9.85g; Fat: 18.38g

Tender Butternut Squash Fry

Serves: 2

Cooking Time: 10 minutes

Ingredients

- 1 tablespoon cooking oil
- 1-pound butternut squash, seeded and sliced
- Salt and pepper to taste

Instructions

1) Place the grill pan accessory in the air fryer.

2) In a bowl, place all Ingredients: and toss to coat and season the squash.

3) Place in the grill pan.

4) Close the air fryer and cook for 10 minutes at 330F.

Nutrition information:

Calories per serving: 171; Carbs: 28.6g; Protein: 2.7g; Fat: 7.1g

Tofu Bites Soaked in Chili-Ginger Peanut Butter

Serves: 3

Cooking Time: 15 minutes

Ingredients

- ¼ cup liquid aminos
- ¼ cup maple syrup
- 1 block extra firm tofu, pressed to remove excess water and cut into cubes
- 1 sprig cilantro, chopped
- 1 teaspoon red pepper flakes
- 1 teaspoon sesame seeds
- 1-inch fresh ginger, peeled and grated
- 2 cloves of garlic, minced
- 2 tablespoons rice wine vinegar
- 2 tablespoons sesame oil
- 3 tablespoon chili garlic sauce
- 3 tablespoons peanut butter
- toasted peanuts, chopped

Instructions

1) Place the first 9 ingredients in a mixing bowl and whisk until combined. Po
cubes. Marinate for at least 30 minutes.

2) Preheat the air fryer to 425F.

3) Save the marinade for the sauce and place the marinated tofu cubes in the a

4) Pour the marinade in a sauce pan and heat over medium flame until reduce

5) Place the cooked tofu on top of steaming rice and pour over the sauce. Garr
seeds and cilantro.

Nutrition information:

Calories per serving: 484; Carbohydrates: 32.42g; Protein: 20.11g; Fat: 30.43

Twice-Fried Cauliflower Tater Tots

Serves: 12

Cooking Time: 16 minutes

Ingredients

- ½ cup bread crumbs
- ½ cup nutritional yeast
- 1 flax egg (1 tablespoon 3 tablespoon desiccated coconuts
- 1 onion, chopped
- 1 teaspoon chives, chopped
- 1 teaspoon garlic, minced
- 1 teaspoon oregano, chopped
- 1 teaspoon parsley, chopped
- 1-pound cauliflower, steamed and chopped
- 3 tablespoons oats
- flaxseed meal + 3 tablespoon water)
- salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the steamed cauliflower on a paper towel and ring to remove excess v

3) Place in a mixing bowl and add the rest of the ingredients except the bread

4) Mix until well combined and form balls using your hands.

5) Roll the tater tots on the bread crumbs and place in the air fryer basket.

6) Cook for 6 minutes. Once done, increase the cooking temperature to 400F a

Nutrition information:

Calories per serving: 47; Carbohydrates: 7.54g; Protein: 4.19g; Fat: 0.52g

Vegetarian Sushi Rice Bowl

Serves: 4

Cooking Time: 10 minutes

Ingredients

- ¼ cup cucumber, sliced
- 1 tablespoon coconut sugar
- 1 tablespoon mirin rice wine
- 1 tablespoon sesame seeds, toasted
- 1 teaspoon salt
- 3 medium-sized eggplants, sliced
- 3 tablespoons sweet white miso paste
- 4 cups sushi rice, cooked
- 4 spring onions
- 7 tablespoons Japanese rice vinegar

Instructions

1) Prepare the cucumber pickles by mixing the cucumber, salt, sugar, and rice
of the bowl to weight it down completely.

2) Preheat the air fryer to 400F.

3) In a mixing bowl, combine the eggplants, miso paste, and mirin rice wine. I

4) Place the eggplant slices in the air fryer and cook for 10 minutes.

5) Assemble the rice bowl by placing eggplants and pickled cucumbers on top

6) Garnish with spring onions and sesame seeds.

Nutrition information:

Calories per serving: 351; Carbohydrates: 78.8g; Protein: 7.4g; Fat: 2.2g

Veggie Wontons with Chili-Oil Seasoning

Serves: 4

Cooking Time: 10 minutes

Ingredients

- ½ cup chopped mushrooms
- ½ cup grated carrots
- ½ cup grated white onion
- ½ teaspoon white pepper
- ¾ cup chopped red pepper
- ¾ cup grated cabbage
- 1 tablespoon chili sauce
- 1 teaspoon garlic powder
- 2 tablespoons olive oil
- 30 wonton wrappers
- Salt to taste
- Water for sealing wontons

Instructions

1) In a skillet over medium heat, place all vegetables and cook until all moistu
vegetables.

2) Remove from the heat and season with chili sauce, garlic powder, white pe

3) Put wanton wrapper on a working surface and add a tablespoon of the vege
wrapper. Wet the edges of the wonton wrapper with water and fold the wrapp

4) Brush with oil and place in the double layer rack.

5) Place the rack with the wonton in the air fryer.

6) Close the air fryer and cook for 10 minutes at 330F.

Nutrition information:

Calories per serving: 287; Carbs: 44.3g; Protein: 7.4g; Fat: 8.8g

Vegie Grill Recipe with Tandoori Spice

Serves: 6

Cooking Time: 20 minutes

Ingredients

- ½ head cauliflower, cut into florets
- ½ cup yogurt
- 1 carrot, peeled and shaved to 1/8-inch thick
- 1 cup young ears of corn
- 1 handful sugar snap peas
- 1 small zucchini, cut into thick slices
- 1 yellow sweet pepper, seeded and chopped
- 2 small onions, cut into wedges
- 2 tablespoons canola oil
- 2-inch fresh ginger, minced
- 3 tablespoons Tandoori spice blend
- 6 cloves of garlic, minced

Instructions

1) Preheat the air fryer to 330F.

2) Place the grill pan accessory in the air fryer.

3) In a Ziploc bag, put all Ingredients: and give a shake to season all vegetable

4) Dump all Ingredients: on the grill pan and cook for 20 minutes.

5) Make sure to give the vegetables a shake halfway through the Cooking Time.

Nutrition information:

Calories per serving:126 ; Carbs: 17.9g; Protein: 2.9g; Fat: 6.1g

Your Traditional Mac ‘n Cheese

Serves: 3

Cooking Time: 32 minutes

Ingredients

- 1/2 pinch ground nutmeg
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 cup panko bread crumbs
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon dried thyme
- 1/8 teaspoon white pepper
- 1/8 teaspoon Worcestershire sauce
- 1-1/2 cups milk
- 1-1/2 cups shredded sharp Cheddar cheese, divided
- 1-1/2 teaspoons butter, melted
- 2 tablespoons all-purpose flour
- 2 tablespoons butter
- 8-ounce elbow macaroni, cooked according to package Instructions

Instructions

1) Melt 2 tbsp butter in baking pan of air fryer for 2 minutes at 360oF. Stir in f
cup of milk and whisk well. Cook for 5 minutes while mixing constantly.

2) Mix in salt, Worcestershire sauce, and nutmeg. Mix well. Cook for 5 minut
frequently.

3) Add cheese and mix well. Cook for 3 minutes or until melted and thorough

4) Stir in Dijon mustard and mix well. Add macaroni and toss well to coat. Sp

5) In a small bowl mix well 1 ½ tsp butter and panko. Sprinkle on top of chees

6) Cook for 15 minutes at 390oF until tops are lightly browned.

7) Serve and enjoy.

Nutrition information:

Calories per Serving: 700; Carbs: 72.8g; Protein: 29.4g; Fat: 32.3g

Zucchini garlic-Sour Cream Bake

Serves: 5

Cooking Time: 20 minutes

Ingredients

- 1 (8 ounce) package cream cheese, softened
- 1 cup sour cream
- 1 large zucchini, cut lengthwise then in half
- 1 tablespoon minced garlic
- 1/4 cup grated Parmesan cheese
- paprika to taste

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) Place zucchini slices in a single layer in pan.

3) In a bowl whisk well, remaining Ingredients: except for paprika. Spread on paprika.

4) Cover pan with foil.

5) For 10 minutes, cook on 390oF.

6) Remove foil and cook for 10 minutes at 330oF.

7) Serve and enjoy.

Nutrition information:

Calories per Serving: 296; Carbs: 6.5g; Protein: 7.3g; Fat: 26.7g

Zucchini Topped with Coconut Cream ‘n Bacon

Serves: 3

Cooking Time: 20 minutes

Ingredients

- 1 tablespoon lemon juice
- 3 slices bacon, fried and crumbled
- 3 tablespoons olive oil
- 3 zucchini squashes
- 4 tablespoons coconut cream
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Line up chopsticks on both sides of the zucchini and slice thinly until you h
with olive oil. Set aside.

3) Place the zucchini in the air fryer. Bake for 20 minutes at 350F.

4) Meanwhile, combine the coconut cream and lemon juice in a mixing bowl.
taste.

5) Once the zucchini is cooked, scoop the coconut cream mixture and drizzle

6) Sprinkle with bacon bits.

Nutrition information:

Calories per serving: 345; Carbohydrates: 9.4g; Protein: 6.6g; Fat: 31.2g

Air Fryer Meat Recipes

3-Cheese Meatball and Pasta

Serves: 5

Cooking Time: 40 minutes

Ingredients

- 1 jar (24 ounces) pasta sauce with meat
- 1 large Egg, lightly beaten
- 1 small onion, chopped
- 1 tablespoon brown sugar
- 1 tablespoon Italian seasoning
- 1 teaspoon garlic powder
- 1/2 carton (15 ounces) part-skim ricotta cheese
- 1/2 package (12 ounces) frozen fully cooked Italian meatballs, thawed
- 1/2 package (16 ounces) mostaccioli, cooked according to package Instruct
- 1/2-pound ground beef
- 1/4 cup grated Romano cheese
- 1/4 cup shaved Parmesan cheese
- 1/4 teaspoon pepper
- Minced fresh parsley or fresh baby arugula, optional

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add beef and on

2) Cook for 10 minutes at 330oF, stirring and crumbling halfway through Coo Time.

3) Drain excess fat. Stir in sugar and seasoning.

4) Mix in pasta and sauce. Mix well.

5) Remove half of mixture and transfer to a plate. Evenly spread half of ricott cheese. Return half of pasta. Evenly spread remaining ricotta and Romano. To Parmesan.

6) Cover with foil.

7) For 20 minutes, cook on 390oF.

8) Remove foil cook for 10 minutes more until tops are lightly browned.

9) Serve and enjoy.

Nutrition information:

Calories per Serving: 563; Carbs: 55.0g; Protein: 34.0g; Fat: 23.0g

Air Fried Grilled Steak

Serves: 2

Cooking Time: 45 minutes

Ingredients

- 2 top sirloin steaks
- 3 tablespoons butter, melted
- 3 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Season the sirloin steaks with olive oil, salt and pepper.

3) Place the beef in the air fryer basket.

4) Cook for 45 minutes at 350F.

5) Once cooked, serve with butter.

Nutrition information:

Calories per serving: 1536; Carbohydrates:2.1g; Protein: 103.4g; Fat: 123.7g

Air Fried Roast Beef

Serves: 8

Cooking Time: 2 hours

Ingredients

- 1 large onion, quartered
- 1 tablespoon fresh rosemary
- 1 tablespoon fresh thyme
- 2 tablespoons Worcestershire sauce
- 3 cups beef broth
- 3 pounds bone-in beef roast
- 4 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Place all ingredients in a baking dish that will fit in the air fryer.

3) Place the dish in the air fryer and cook for 2 hours at 325F.

Nutrition information:

Calories per serving: 574; Carbohydrates: 2.1g; Protein: 38.1g; Fat:45.9g

Air Fried Steak

Serves: 4

Cooking Time: 15 minutes

Ingredients

- 2 pounds rib eye steak
- 3 tablespoons olive oil
- A dash of rosemary
- Salt and pepper to taste

Instructions

1) Place all ingredients in a Ziploc bag and allow to marinate in the fridge for

2) Preheat the air fryer.

3) Place the steak in the air fryer and cook for 15 minutes at 400F.

Nutrition information:

Calories per serving: 687; Carbohydrates: 1.1g; Protein: 40.7g; Fat: 57.8g

Air Fryer Beef Casserole

Serves: 4

Cooking Time: 30 minutes

Ingredients

- 1 green bell pepper, seeded and chopped
- 1 onion, chopped
- 1-pound ground beef
- 3 cloves of garlic, minced
- 3 tablespoons olive oil
- 6 cups eggs, beaten
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a baking dish that will fit in the air fryer, mix the ground beef, onion, gar

Season with salt and pepper to taste.

3) Pour in the beaten eggs and give a good stir.

4) Place the dish with the beef and egg mixture in the air fryer.

5) Bake for 30 minutes at 325F.

Nutrition information:

Calories per serving: 1520; Carbohydrates: 10.4g; Protein: 87.9g; Fat: 125.11g

Almond Flour ‘n Egg Crusted Beef

Serves: 1

Cooking Time: 15 minutes

Ingredients

- ½ cup almond flour
- 1 egg, beaten
- 1 slice of lemon, to serve
- 1/2-pound beef schnitzel
- 2 tablespoons vegetable oil

Instructions

1) Preheat the air fryer for 5 minutes.

2) Mix the oil and almond flour together.

3) Dip the schnitzel into the egg and dredge in the almond flour mixture.

4) Press the almond flour so that it sticks on to the beef.

5) Place in the air fryer and cook for 15 minutes at 350F.

6) Serve with a slice of lemon.

Nutrition information:

Calories per serving: 732; Carbohydrates: 1.1g; Protein: 55.6g; Fat: 56.1g

Another Easy Teriyaki BBQ Recipe

Serves: 2

Cooking Time: 15 minutes

Ingredients

- 1 tbsp honey
- 1 tbsp mirin
- 1 tbsp soy sauce
- 1 thumb-sized piece of fresh ginger, grated
- 14 oz lean diced steak, with fat trimmed

Instructions

1) Mix all Ingredients in a bowl and marinate for at least an hour. Turning ove time.

2) Thread mead into skewers. Place on skewer rack.

3) Cook for 5 minutes at 390oF or to desired doneness.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 460; Carbs: 10.6g; Protein: 55.8g; Fat: 21.6g

Apricot Glazed Pork Tenderloins

Serves: 3

Cooking Time: 30 minutes

Ingredients

- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1-lb pork tenderloin
- 2 tablespoons minced fresh rosemary or 1 tablespoon dried rosemary, crush
- 2 tablespoons olive oil, divided
- 4 garlic cloves, minced

Apricot Glaze
Ingredients

- 1 cup apricot preserves
- 2 garlic cloves, minced
- 3 tablespoons lemon juice

Instructions

1) Mix well pepper, salt, garlic, oil, and rosemary. Brush all over pork. If need in air fryer.

2) Lightly grease baking pan of air fryer with cooking spray. Add pork.

3) For 3 minutes per side, brown pork in a preheated 390oF air fryer.

4) Meanwhile, mix well all glaze Ingredients in a small bowl. Baste pork ever

5) Cook for 20 minutes at 330oF.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 281; Carbs: 27.0g; Protein: 23.0g; Fat: 9.0g

Baby Back Rib Recipe from Kansas City

Serves: 2

Cooking Time: 50 minutes

Ingredients

- ¼ cup apple cider vinegar
- ¼ cup molasses
- ¼ teaspoon cayenne pepper
- 1 cup ketchup
- 1 tablespoon brown sugar
- 1 tablespoon liquid smoke seasoning, hickory
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dry mustard
- 1-pound pork ribs, small
- 2 cloves of garlic
- Salt and pepper to taste

Instructions

1) Place all ingredients in a Ziploc bag and allow to marinate in the fridge for

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill meat for 25 minutes per batch.

5) Flip the meat halfway through the Cooking Time.

6) Pour the marinade in a saucepan and allow to simmer until the sauce thicke

7) Pour glaze over the meat before serving.

Nutrition information:

Calories per serving: 634; Carbs: 32g; Protein: 32g; Fat: 42g

Bacon, Spinach & Feta Quiche

Serves: 3

Cooking Time: 30 minutes

Ingredients

- 6 eggs
- salt and freshly ground black pepper to taste
- 3 slices bacon, chopped
- 1 1/2 teaspoons butter
- 1/2-pound fresh spinach
- 1/2 pinch cayenne pepper
- 1/2 pinch salt
- 1-1/2 ounces crumbled feta cheese
- 1/4 onion, diced

Instructions

1) Lightly grease baking pan of air fryer with butter. Add spinach and for 2 mi

2) Drain well the spinach and squeeze dry. Chop and set aside.

3) Add bacon in air fryer pan and cook for 6 minutes or until crisped. Discard

4) Stir in onion and season with salt. Cook for another 5 minutes. Stir in chopp minutes to heat through.

5) Meanwhile, in a bowl whisk well eggs, cayenne pepper, black pepper, and s

6) Remove basket, evenly spread mixture in pan, and pour in eggs. Sprinkle fe

7) Cook for another 15 minutes, until eggs are cooked to desired doneness.

8) Serve and enjoy.

Nutrition information:

Calories per Serving: 273; Carbs: 5.1g; Protein: 20.3g; Fat: 19.0g

Bacon-Cheeseburger Casserole

Serves: 6

Cooking Time: 35 minutes

Ingredients

- 1 small onion, chopped
- 1 tablespoon ground mustard
- 1 tablespoon Worcestershire sauce
- 1/2 can (15 ounces) tomato sauce
- 1/2 cup grape tomatoes, chopped
- 1/2 cup shredded cheddar cheese
- 1/4 cup sliced dill pickles
- 1-pound ground beef
- 4-ounces process cheese (Velveeta)
- 6 bacon strips, cooked and crumbled
- 8-ounces frozen Tater Tots

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add beef and hal

2) For 10 minutes, cook on 390oF. Halfway through Cooking Time, stir and crumble beef.

3) Stir in Worcestershire, mustard, Velveeta, and tomato sauce. Mix well. Coc

4) Mix well and evenly spread in pan. Top with cheddar cheese and then baco

5) Evenly top with tater tots. Cover pan with foil.

6) Cook for 15 minutes at 390oF. Uncover and bake for 10 minutes more until

7) Serve and enjoy topped with pickles and tomatoes and remaining onion.

Nutrition information:

Calories per Serving: 483; Carbs: 24.0g; Protein: 27.0g; Fat: 31.0g

Baked Cheese ‘n Pepperoni Calzone

Serves: 4

Cooking Time: 25 minutes

Ingredients

- 1 cup chopped pepperoni
- 1 loaf (1 pound) frozen bread dough, thawed
- 1 to 2 tablespoons 2% milk
- 1 tablespoon grated Parmesan cheese
- 1/2 cup pasta sauce with meat
- 1/2 teaspoon Italian seasoning, optional
- 1/4 cup shredded part-skim mozzarella cheese

Instructions

1) In a bowl mix well mozzarella cheese, pizza sauce, and pepperoni.

2) On a lightly floured surface, divide dough into four portions. Roll each into in. circle; top each with a
scant 1/3 cup pepperoni mixture. Fold dough over filling; pinch edges to seal.

3) Lightly grease baking pan of air fryer with cooking spray. Place dough in a batches.

4) For 25 minutes, cook on 330oF preheated air fryer or until dough is lightly

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 527; Carbs: 59.0g; Protein: 21.0g; Fat: 23.0g

Balsamic Glazed Pork Chops

Serves: 4

Cooking Time: 50 minutes

Ingredients

- ¾ cup balsamic vinegar
- 1 ½ tablespoons sugar
- 1 tablespoon butter
- 3 tablespoons olive oil
- 3 tablespoons salt
- 4 pork rib chops

Instructions

1) Place all ingredients in bowl and allow the meat to marinate in the fridge fo

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the pork chops for 20 minutes making sure to flip the meat every 10 m

5) Meanwhile, pour the balsamic vinegar on a saucepan and allow to simmer f sauce thickens.

6) Brush the meat with the glaze before serving.

Nutrition information:

Calories per serving: 274; Carbs: 11g; Protein: 17g; Fat: 18g

Beef Brisket Recipe from Texas

Serves: 8

Cooking Time: 1 hour and 30 minutes

Ingredients

- 1 ½ cup beef stock
- 1 bay leaf
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 2 pounds beef brisket, trimmed
- 2 tablespoons chili powder
- 2 teaspoons dry mustard
- 4 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Place all ingredients in a deep baking dish that will fit in the air fryer.

3) Bake for 1 hour and 30 minutes at 400F.

4) Stir the beef every after 30 minutes to soak in the sauce.

Nutrition information:

Calories per serving: 306; Carbohydrates: 3.8g; Protein: 18.3g; Fat: 24.1g

Beef Recipe Texas-Rodeo Style

Serves: 6

Cooking Time: 1 hour

Ingredients

- ½ cup honey
- ½ cup ketchup
- ½ teaspoon dry mustard
- 1 clove of garlic, minced
- 1 tablespoon chili powder
- 2 onion, chopped
- 3 pounds beef steak sliced
- Salt and pepper to taste

Instructions

1) Place all ingredients in a Ziploc bag and allow to marinate in the fridge for

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the beef for 15 minutes per batch making sure that you flip it every 8 r

5) Meanwhile, pour the marinade on a saucepan and allow to simmer over me

6) Baste the beef with the sauce before serving.

Nutrition information:

Calories per serving: 542; Carbs: 49g; Protein: 37g; Fat: 22g

Beef Roast in Worcestershire-Rosemary

Serves: 6

Cooking Time: 2 hours

Ingredients

- 1 onion, chopped
- 1 tablespoon butter
- 1 tablespoon Worcestershire sauce
- 1 teaspoon rosemary
- 1 teaspoon thyme
- 1-pound beef chuck roast
- 2 cloves of garlic, minced
- 2 tablespoons olive oil
- 3 cups water
- 3 stalks of celery, sliced

Instructions

1) Preheat the air fryer for 5 minutes.

2) Place all ingredients in a deep baking dish that will fit in the air fryer.

3) Bake for 2 hours at 350F.

4) Braise the meat with its sauce every 30 minutes until cooked.

Nutrition information:

Calories per serving: 260; Carbohydrates: 2.9g; Protein: 17.5g; Fat: 19.8

Beefy ‘n Cheesy Spanish Rice Casserole

Serves: 3

Cooking Time: 50 minutes

Ingredients

- 2 tablespoons chopped green bell pepper
- 1 tablespoon chopped fresh cilantro
- 1/2-pound lean ground beef
- 1/2 cup water
- 1/2 teaspoon salt
- 1/2 teaspoon brown sugar
- 1/2 pinch ground black pepper
- 1/3 cup uncooked long grain rice
- 1/4 cup finely chopped onion
- 1/4 cup chile sauce
- 1/4 teaspoon ground cumin
- 1/4 teaspoon Worcestershire sauce
- 1/4 cup shredded Cheddar cheese
- 1/2 (14.5 ounce) can canned tomatoes

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add ground beef

Halfway through Cooking Time, stir and crumble beef. Discard excess fat,

2) Stir in pepper, Worcestershire sauce, cumin, brown sugar, salt, chile sauce, pepper, and onion. Mix well. Cover pan with foil and cook for 25 minutes. Sti

3) Give it one last good stir, press down firmly and sprinkle cheese on top.

4) Cook uncovered for 15 minutes at 390oF until tops are lightly browned.

5) Serve and enjoy with chopped cilantro.

Nutrition information:

Calories per Serving: 346; Carbs: 24.9g; Protein: 18.5g; Fat: 19.1g

Beefy Bell Pepper ‘n Egg Scramble

Serves: 4

Cooking Time: 30 minutes

Ingredients

- 1 green bell pepper, seeded and chopped
- 1 onion, chopped
- 1-pound ground beef
- 3 cloves of garlic, minced
- 3 tablespoons olive oil
- 6 cups eggs, beaten
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes with baking pan insert.

2) In a baking dish mix the ground beef, onion, garlic, olive oil, and bell pepp taste.

3) Pour in the beaten eggs and give a good stir.

4) Place the dish with the beef and egg mixture in the air fryer.

5) Bake for 30 minutes at 330F.

Nutrition information:

Calories per serving: 579; Carbs: 14.5g; Protein: 65.8g; Fat: 28.6g

Beefy Steak Topped with Chimichurri Sauce

Serves: 6

Cooking Time: 60 minutes

Ingredients

- 1 cup commercial chimichurri
- 3 pounds steak
- Salt and pepper to taste

Instructions

1) Place all ingredients in a Ziploc bag and marinate in the fridge for 2 hours.

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the skirt steak for 20 minutes per batch.

5) Flip the steak every 10 minutes for even grilling.

Nutrition information:

Calories per serving: 507; Carbs: 2.8g; Protein: 63g; Fat: 27g

Bourbon-BBQ Sauce Marinated Beef BBQ

Serves: 4

Cooking Time: 60 minutes

Ingredients

- ¼ cup bourbon
- ¼ cup barbecue sauce
- 1 tablespoon Worcestershire sauce
- 2 pounds beef steak, pounded
- Salt and pepper to taste

Instructions

1) Place all ingredients in a Ziploc bag and allow to marinate in the fridge for

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Place on the grill pan and cook for 20 minutes per batch.

5) Halfway through the Cooking Time, give a stir to cook evenly.

6) Meanwhile, pour the marinade on a saucepan and allow to simmer until the

7) Serve beef with the bourbon sauce.

Nutrition information:

Calories per serving: 346; Carbs: 9.8g; Protein: 48.2g; Fat: 12.6g

Buttered Garlic-Thyme Roast Beef

Serves: 12

Cooking Time: 2 hours

Ingredients

- 1 ½ tablespoon garlic
- 1 cup beef stock
- 1 teaspoon black pepper
- 1 teaspoon salt
- 1 teaspoon thyme leaves, chopped
- 3 tablespoons butter
- 3-pound eye of round roast
- 6 tablespoons olive oil

Instructions

1) Place in a Ziploc bag all the ingredients and allow to marinate in the fridge

2) Preheat the air fryer for 5 minutes.

3) Transfer all ingredients in a baking dish that will fit in the air fryer.

4) Place in the air fryer and cook for 2 hours for 400F.

5) Baste the beef with the sauce every 30 minutes.

Nutrition information:

Calories per serving: 273; Carbohydrates: 0.8g; Protein: 34.2g; Fat: 14.7g

Cajun ‘n Coriander Seasoned Ribs

Serves: 4

Cooking Time: 1 hour

Ingredients

- ¼ cup brown sugar
- ½ teaspoon lemon
- 1 tablespoon paprika
- 1 tablespoon salt
- 1 teaspoon coriander seed powder
- 2 slabs spareribs
- 2 tablespoons onion powder
- 2 teaspoon Cajun seasoning

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) In a small bowl, combine the spaces.

4) Rub the spice mixture on to the spareribs.

5) Place the spareribs on the grill pan and cook for 20 minutes per batch.

6) Serve with your favorite barbecue sauce.

Nutrition information:

Calories per serving: 490; Carbs: 18.2g; Protein: 24.4g; Fat: 35.5g

Cajun Sweet-Sour Grilled Pork

Serves: 3

Cooking Time: 12 minutes

Ingredients

- ¼ cup brown sugar
- 1/4 cup cider vinegar
- 1-lb pork loin, sliced into 1-inch cubes
- 2 tablespoons Cajun seasoning
- 3 tablespoons brown sugar

Instructions

1) In a shallow dish, mix well pork loin, 3 tablespoons brown sugar, and Caju

Marinate in the ref for 3 hours.

2) In a medium bowl mix well, brown sugar and vinegar for basting.

3) Thread pork pieces in skewers. Baste with sauce and place on skewer rack i

4) For 12 minutes, cook on 360oF. Halfway through Cooking.Time, turnover s needed, cook in batches.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 428; Carbs: 30.3g; Protein: 39.0g; Fat: 16.7g

Capers ‘n Olives Topped Flank Steak

Serves: 4

Cooking Time: 45 minutes

Ingredients

- 1 anchovy fillet, minced
- 1 clove of garlic, minced
- 1 cup pitted olives
- 1 tablespoon capers, minced
- 1/3 cup olive oil
- 2 pounds flank steak, pounded
- 2 tablespoons fresh oregano
- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- 2 tablespoons smoked paprika
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the steak with salt and pepper. Rub the oregano, paprika, onion pow steak.

4) Place on the grill pan and cook for 45 minutes. Make sure to flip the meat e

5) Meanwhile, mix together the olive oil, olives, capers, garlic, and anchovy fi

6) Serve the steak with the tapenade.

Nutrition information:

Calories per serving: 553; Carbs: 11.6g; Protein: 51.5g; Fat: 33.4g

Caraway, Sichuan ‘n Cumin Lamb Kebabs

Serves: 3

Cooking Time: 1 hour

Ingredients

- 1 ½ pounds lamb shoulder, bones removed and cut into pieces
- 1 tablespoon Sichuan peppercorns
- 1 teaspoon sugar
- 2 tablespoons cumin seeds, toasted
- 2 teaspoons caraway seeds, toasted
- 2 teaspoons crushed red pepper flakes
- Salt and pepper to taste

Instructions

1) Place all ingredients in bowl and allow the meat to marinate in the fridge fo

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the meat for 15 minutes per batch.

5) Flip the meat every 8 minutes for even grilling.

Nutrition information:

Calories per serving: 465; Carbs:7.7g; Protein: 22.8g; Fat: 46.9g

Champagne-Vinegar Marinated Skirt Steak

Serves: 2

Cooking Time: 40 minutes

Ingredients

- ¼ cup Dijon mustard
- 1 tablespoon rosemary leaves
- 1-pound skirt steak, trimmed
- 2 tablespoons champagne vinegar
- Salt and pepper to taste

Instructions

1) Place all ingredients in a Ziploc bag and marinate in the fridge for 2 hours.

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the skirt steak for 20 minutes per batch.

5) Flip the beef halfway through the Cooking Time.

Nutrition information:

Calories per serving: 516; Carbs: 4.2g; Protein: 60.9g; Fat: 28.4g

Char-Grilled Skirt Steak with Fresh Herbs

Serves: 3

Cooking Time: 30 minutes

Ingredients

- 1 ½ pounds skirt steak, trimmed
- 1 tablespoon lemon zest
- 1 tablespoon olive oil
- 2 cups fresh herbs like tarragon, sage, and mint, chopped
- 4 cloves of garlic, minced
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the steak with salt, pepper, lemon zest, herbs, and garlic.

4) Brush with oil.

5) Grill for 15 minutes and if needed cook in batches.

Nutrition information:

Calories per serving: 478; Carbs: 18g; Protein: 25g; Fat: 34g

Charred Onions ‘n Steak Cube BBQ

Serves: 3

Cooking Time: 40 minutes

Ingredients

- 1 cup red onions, cut into wedges
- 1 tablespoon dry mustard
- 1 tablespoon olive oil
- 1-pound boneless beef sirloin, cut into cubes
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Toss all ingredients in a bowl and mix until everything is coated with the se

4) Place on the grill pan and cook for 40 minutes.

5) Halfway through the Cooking Time, give a stir to cook evenly.

Nutrition information:

Calories per serving: 260; Carbs: 5.2g; Protein: 35.7g; Fat: 10.7g

Cheddar Cheese ‘n Bacon Stuffed Pastry Pie

Serves: 3

Cooking Time: 18 minutes

Ingredients

- 1/2 cup bacon, cooked
- 1/2 cup cheddar cheese, shredded
- 1/2 cup sausage crumbles, cooked
- 5 eggs
- one box puff pastry sheets

Instructions

1) Scramble the eggs and cook.

2) Lightly grease baking pan of air fryer with cooking spray.

3) Evenly spread half of the puff sheets on bottom of pan.

4) Spread eggs, cooked sausage, crumbled bacon, and cheddar cheese.

5) Top with remaining puff pastry and gently push down with a fork.

6) Cover top of baking pan with foil.

7) For 8 minutes, cook on 330oF. Remove foil and continue cooking for anoth
pastry is golden brown.

8) Serve and enjoy.

Nutrition information:

Calories per Serving: 355; Carbs: 9.4g; Protein: 18.6g; Fat: 26.9g

Cheesy Ground Beef ‘n Mac Taco Casserole

Serves: 5

Cooking Time: 25 minutes

Ingredients

- 1-ounce shredded Cheddar cheese
- 1-ounce shredded Monterey Jack cheese
- 2 tablespoons chopped green onions
- 1/2 (10.75 ounce) can condensed tomato soup
- 1/2-pound lean ground beef
- 1/2 cup crushed tortilla chips
- 1/4-pound macaroni, cooked according to manufacturer’s Instructions
- 1/4 cup chopped onion
- 1/4 cup sour cream (optional)
- 1/2 (1.25 ounce) package taco seasoning mix
- 1/2 (14.5 ounce) can diced tomatoes

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add onion and g
on 360oF. Halfway through Cooking Time, stir and crumble ground beef.

2) Add taco seasoning, diced tomatoes, and tomato soup. Mix well. Mix in pas

3) Sprinkle crushed tortilla chips. Sprinkle cheese.

4) Cook for 15 minutes at 390oF until tops are lightly browned and cheese is r

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 329; Carbs: 28.2g; Protein: 15.6g; Fat: 17.0g

Cheesy Herbs Burger Patties

Serves: 2

Cooking Time: 25 minutes

Ingredients

- ¼ cup cheddar cheese
- ½ teaspoon dried rosemary, crushed
- 1-pound lean ground beef
- 2 green onions, sliced thinly
- 2 tablespoons chopped parsley
- 2 tablespoons ketchup
- 3 tablespoons Dijon mustard
- 3 tablespoons dry breadcrumbs
- Salt and pepper to taste

Instructions

1) In a mixing bowl, combine all ingredients except for the cheddar cheese.

2) Mix using your hands. Use your hands to make burger patties.

3) At the center of each patty, place a tablespoon of cheese and cover with the

4) Preheat the air fryer to 390F.

5) Place the grill pan accessory and cook the patties for 25 minutes. Flip the pa
Time.

Nutrition information:

Calories per serving: 358; Carbs: 29g; Protein: 29g; Fat: 14g

Cheesy Potato Casserole the Amish Way

Serves: 6

Cooking Time: 45 minutes

Ingredients

- 2 cups frozen shredded hash brown potatoes, thawed
- 5 medium eggs, lightly beaten
- 1 cup shredded Cheddar cheese
- 1/2-pound sliced bacon, diced
- 1/2 sweet onion, chopped
- 1/2 cup and 2 tablespoons shredded Swiss cheese
- 3/4 cup small curd cottage cheese

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) For 10 minutes, cook on 330oF the onion and bacon. Discard excess fat.

3) Meanwhile, in a bowl, whisk well Swiss cheese, cottage cheese, cheddar ch
pan of cooked bacon and mix well.

4) Cook for another 25 minutes.

5) Let it stand in air fryer for another 10 minutes.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 341; Carbs: 12.1g; Protein: 21.7g; Fat: 22.8g

Cheesy Sausage ‘n Grits Bake From Down South

Serves: 4

Cooking Time: 30 minutes

Ingredients

- 1/2 cup uncooked grits
- 1/4-pound ground pork sausage
- 1-1/2 cups water
- 2 tablespoons butter, divided
- 2 tablespoons milk
- 3 eggs
- 3/4 cup shredded Cheddar cheese, divided
- salt and pepper to taste

Instructions

1) In a large saucepan bring water to a boil. Stir in grits and simmer until liqui

Stir in ¼ cup cheese and 1 tbsp butter. Mix well until thoroughly incorporated

2) Lightly grease baking pan of air fryer with cooking spray. Add pork sausag 360oF. Crumble sausage and discard excess fat.

3) Transfer grits into pan of sausage.

4) In a bowl whisk well, milk and eggs and pour into pan. Mix well.

5) Dot the top with butter and sprinkle cheese. Season with pepper and salt.

6) Cook until tops are browned, around 20 minutes.

7) Serve and enjoy.

Nutrition information:

Calories per Serving: 403; Carbs: 16.8g; Protein: 16.5g; Fat: 29.9g

Chili-Espresso Marinated Steak

Serves: 3

Cooking Time: 50 minutes

Ingredients

- ½ teaspoon garlic powder
- 1 ½ pounds beef flank steak
- 1 teaspoon instant espresso powder
- 2 tablespoons olive oil
- 2 teaspoons chili powder
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Make the dry rub by mixing the chili powder, salt, pepper, espresso powder

4) Rub all over the steak and brush with oil.

5) Place on the grill pan and cook for 40 minutes.

6) Halfway through the Cooking Time, flip the beef to cook evenly.

Nutrition information:

Calories per serving: 249; Carbs: 4g; Protein: 20g; Fat: 17g

Chives on Bacon & Cheese Bake

Serves: 6

Cooking Time: 50 minutes

Ingredients

- 4 slices bread, crusts removed
- 1 cup egg substitute (such as Egg Beaters®)
- 1 tablespoon chopped fresh chives
- 6 slices cooked bacon, crumbled
- 1 cup Cheddar cheese
- 1 1/2 cups skim milk

Instructions

1) Cook bacon in baking pan of air fryer for 10 minutes at 360oF. Once done, crumble bacon.

2) In a bowl, whisk well eggs. Stir in milk and chives.

3) In same air fryer baking pan, evenly spread bread slices. Pour egg mixture c with foil and let it rest in the fridge for at least an hour.

4) Preheat air fryer to 330oF.

5) Cook while covered in foil for 20 minutes. Remove foil and sprinkle cheese another 15 minutes.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 207; Carbs: 12.1g; Protein: 15.3g; Fat: 10.8g

Cilantro-Mint Pork BBQ Thai Style

Serves: 3

Cooking Time: 15 minutes

Ingredients

- 1 minced hot chile
- 1 minced shallot
- 1-pound ground pork
- 2 tablespoons fish sauce
- 2 tablespoons lime juice
- 3 tablespoons basil
- 3 tablespoons chopped mint
- 3 tablespoons cilantro

Instructions

1) In a shallow dish, mix well all Ingredients with hands. Form into 1-inch ovals.

2) Thread ovals in skewers. Place on skewer rack in air fryer.

3) For 15 minutes, cook on 360oF. Halfway through Cooking.Time, turnover s

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 455; Carbs: 2.5g; Protein: 40.2g; Fat: 31.5g

Coriander Lamb with Pesto ‘n Mint Dip

Serves: 4

Cooking Time: 16 minutes

Ingredients

- 1 1/2 teaspoons coriander seeds, ground in spice mill or in mortar with pest
- 1 large red bell pepper, cut into 1-inch squares
- 1 small red onion, cut into 1-inch squares
- 1 tablespoon extra-virgin olive oil plus additional for brushing
- 1 teaspoon coarse kosher salt
- 1-pound trimmed lamb meat, cut into 1 1/4-inch cubes
- 4 large garlic cloves, minced

Mint-Pesto Dip
Ingredients

- 1 cup (packed) fresh mint leaves
- 2 tablespoons pine nuts
- 2 tablespoons freshly grated Parmesan cheese
- 1 tablespoon fresh lemon juice
- 1 medium garlic clove, peeled
- 1/2 cup (packed) fresh cilantro leaves
- 1/2 teaspoon coarse kosher salt
- 1/2 cup (or more) extra-virgin olive oil

Instructions

1) In a blender, puree all dip Ingredients until smooth and creamy. Transfer to

2) In a large bowl, mix well coriander, salt, garlic, and oil. Add lamb, toss wel hour in the ref.

3) The thread lamb, bell pepper, and onion alternately in a skewer. Repeat unt in skewer rack in air fryer.

4) For 8 minutes, cook on 390oF. Halfway through Cooking Time, turnover.

5) Serve and enjoy with sauce on the side.

Nutrition information:

Calories per Serving: 307; Carbs: 6.3g; Protein: 21.1g; Fat: 21.9

Coriander, Mustard ‘n Cumin Rubbed Flank Steak

Serves: 3

Cooking Time: 45 minutes

Ingredients

- ½ teaspoon coriander
- ½ teaspoon ground cumin
- 1 ½ pounds flank steak
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon mustard powder
- 2 tablespoons sugar
- 2 teaspoons black pepper
- 2 teaspoons salt

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) In a small bowl, combine all the spices and rub all over the flank steak.

4) Place on the grill and cook for 15 minutes per batch.

5) Make sure to flip the meat every 8 minutes for even grilling.

Nutrition information:

Calories per serving: 330; Carbs: 10.2g; Protein:50 g; Fat:12.1 g

Cornbread, Ham ‘n Eggs Frittata

Serves: 3

Cooking Time: 45 minutes

Ingredients

- 1 stalk celery, diced
- 1/2 (14.5 ounce) can chicken broth
- 1/2 (14-ounce) package seasoned cornbread stuffing mix
- 1/2 cup chopped onion
- 1/4 cup butter
- 1/4 cup water
- 1/4 teaspoon paprika, for garnish
- 2 cups diced cooked ham
- 3 eggs
- 3/4 cup shredded Cheddar cheese

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add celery and c
2) For 5 minutes, cook on 360oF. Open and stir in ham. Cook for another 5 m
3) Open and stir in butter, water, and chicken broth. Mix well and continue co
4) Toss in stuffing mix and toss well to coat. Cover pan with foil.
5) Cook for another 15 minutes.
6) Remove foil and make 3 indentation in the stuffing to hold an egg. Break a
7) Cook uncovered for another 10 minutes or until egg is cooked to desired do
8) Sprinkle with cheese and paprika. Let it stand in air fryer for another 5 min
9) Serve and enjoy.

Nutrition information:

Calories per Serving: 847; Carbs: 54.4g; Protein: 37.5g; Fat: 53.2g

Country Style Sausage & Hash Browns

Serves: 4

Cooking Time: 45 minutes

Ingredients

- 1 cup shredded Cheddar cheese
- 1 stalk green onion, chopped
- 1/2 (2.64-ounce) package country gravy mix
- 1/2 cup milk
- 3 eggs, lightly beaten
- 8-ounce bulk breakfast sausage
- 8-ounce package hash brown potatoes
- A dash of paprika or to taste (optional)

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) For 10 minutes, cook sausage and crumble at 360oF. Halfway through Coo Time, open air fryer and continue crumbling sausage.

3) Once done cooking remove excess oil.

4) Stir in green onions and evenly spread crumbled sausage. Spread hash brow cheese.

5) In a bowl, whisk well gravy, milk, and eggs until smooth. Pour over cheese paprika.

6) Cover pan with foil.

7) Cook for 20 minutes, remove foil and cook for another 10 minutes.

8) Let it stand for 5 minutes.

9) Serve and enjoy.

Nutrition information:

Calories per Serving: 406; Carbs: 13.3g; Protein: 21.7g; Fat: 29.5g

Creamy Burger & Potato Bake

Serves: 3

Cooking Time: 55 minutes

Ingredients

- salt to taste
- freshly ground pepper, to taste
- 1/2 (10.75 ounce) can condensed cream of mushroom soup
- 1/2-pound lean ground beef
- 1-1/2 cups peeled and thinly sliced potatoes
- 1/2 cup shredded Cheddar cheese
- 1/4 cup chopped onion
- 1/4 cup and 2 tablespoons milk

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add ground beef Stir and crumble halfway through Cooking Time.

2) Meanwhile, in a bowl, whisk well pepper, salt, milk, onion, and mushroom

3) Drain fat off ground beef and transfer beef to a plate.

4) In same air fryer baking pan, layer ½ of potatoes on bottom, then ½ of soup Repeat process.

5) Cover pan with foil.

6) Cook for 30 minutes. Remove foil and cook for another 15 minutes or until

7) Serve and enjoy.

Nutrition information:

Calories per Serving: 399; Carbs: 17.1g; Protein: 22.1g; Fat: 26.9g

Crispy Fried Pork Chops the Southern Way

Serves: 4

Cooking Time: 25 minutes

Ingredients

- ½ cup all-purpose flour
- ½ cup low fat buttermilk
- ½ teaspoon black pepper
- 1 ½ teaspoon Tabasco sauce
- 1 teaspoon paprika
- 4 bone-in pork chops

Instructions

1) Place the buttermilk and hot sauce in a Ziploc bag and add the pork chops. . hour in the fridge.

2) In a bowl, combine the flour, paprika, and black pepper.

3) Remove pork from the Ziploc bag and dredge in the flour mixture.

4) Preheat the air fryer to 390F.

5) Spray the pork chops with cooking oil.

6) Place in the air fryer basket and cook for 25 minutes.

Nutrition information:

Calories per serving: 427; Carbs:12.6 g; Protein: 46.4g; Fat: 21.2g

Crispy Roast Garlic-Salt Pork

Serves: 4

Cooking Time: 45 minutes

Ingredients

- 1 teaspoon Chinese five spice powder
- 1 teaspoon white pepper
- 2 pounds pork belly
- 2 teaspoons garlic salt

Instructions

1) Preheat the air fryer to 390F.

2) Mix all the spices in a bowl to create the dry rub.

3) Score the skin of the pork belly with a knife and season the entire pork with

4) Place in the air fryer basket and cook for 40 to 45 minutes until the skin is c

5) Chop before serving.

Nutrition information:

Calories per serving: 785; Carbs: 0.7g; Protein: 14.2g; Fat: 80.7g

Cumin ‘n Chili Rubbed Steak Fajitas

Serves: 2

Cooking Time: 25 minutes

Ingredients

- ¼ teaspoon chili powder
- ¼ teaspoon oregano
- ½ cup cotija cheese
- ½ medium red onion, chopped
- ½ teaspoon ground cumin
- 1 small bell pepper
- 1-pound sliced beef, cut into strips
- 2 chopped serrano peppers
- 2 tablespoons olive oil
- Corn tortillas
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) In a mixing bowl, combine the beef and season with salt, pepper, oregano, g
olive oil.

4) Place on the grill pan and cook for 25 minutes.

5) Halfway through the Cooking Time, stir the meat to brown evenly.

6) Once cooked, serve the beef with corn tortillas, cheese, and Serrano pepper

Nutrition information:

Calories per serving: 599; Carbs: 16.8g; Protein: 54.9g; Fat: 34.7

Cumin-Paprika Rubbed Beef Brisket

Serves: 12

Cooking Time: 2 hours

Ingredients

- ¼ teaspoon cayenne pepper
- 1 ½ tablespoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- 2 teaspoons dry mustard
- 2 teaspoons ground black pepper
- 2 teaspoons salt
- 5 pounds brisket roast
- 5 tablespoons olive oil

Instructions

1) Place all ingredients in a Ziploc bag and allow to marinate in the fridge for

2) Preheat the air fryer for 5 minutes.

3) Place the meat in a baking dish that will fit in the air fryer.

4) Place in the air fryer and cook for 2 hours at 350F.

Nutrition information:

Calories per serving: 269; Carbohydrates: 2.8g; Protein: 35.6g; Fat: 12.8g

Cumin-Sichuan Lamb BBQ with Dip

Serves: 4

Cooking Time: 25 minutes

BBQ

Ingredients

- 1 1/4 pounds boneless lamb shoulder, cut into 1-inch pieces
- 1 tablespoon Sichuan peppercorns or 1 teaspoon black peppercorns
- 1 teaspoon sugar
- 2 tablespoons cumin seeds
- 2 teaspoons caraway seeds
- 2 teaspoons crushed red pepper flakes
- Finely grated lemon zest (for serving)
- Kosher salt, freshly cracked pepper

For the Garlic Yogurt Dip:

- 1 garlic clove, grated
- 1 tablespoon fresh lemon juice
- 1 cup plain Greek yogurt
- Kosher salt, freshly ground pepper
- 1/2 teaspoon finely grated lemon zest

Instructions

1) In a food processor, process cumin seeds, peppercorns, caraway seeds, pepp

2) Thread lamb pieces into skewers. Season with salt. Rub paste all over meat

3) Place on skewer rack.

4) Cook for 5 minutes at 390oF or to desired doneness.

5) Meanwhile, in a medium bowl whisk well dip Ingredients and set aside.

6) Serve and enjoy with dip.

Nutrition information:

Calories per Serving: 265; Carbs: 7.6g; Protein: 34.3g; Fat: 10.8g

Curry Pork Roast in Coconut Sauce

Serves: 6

Cooking Time: 60 minutes

Ingredients

- ½ teaspoon curry powder
- ½ teaspoon ground turmeric powder
- 1 can unsweetened coconut milk
- 1 tablespoons sugar
- 2 tablespoons fish sauce
- 2 tablespoons soy sauce
- 3 pounds pork shoulder
- Salt and pepper to taste

Instructions

1) Place all Ingredients in bowl and allow the meat to marinate in the fridge fc

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the meat for 20 minutes making sure to flip the pork every 10 minutes
batches.

5) Meanwhile, pour the marinade in a saucepan and allow to simmer for 10 m

6) Baste the pork with the sauce before serving.

Nutrition information:

Calories per serving: 688; Carbs: 38g; Protein: 17g; Fat: 52g

Eastern Chunky Shish Kebabs

Serves: 4

Cooking Time: 20 minutes

Ingredients

- 1 tablespoon prepared mustard
- 1 tablespoon Worcestershire sauce
- 1 clove garlic, minced
- 1 teaspoon coarsely cracked black pepper
- 16 mushroom caps
- 2 green bell peppers, cut into chunks
- 1 red bell pepper, cut into chunks
- 1 large onion, cut into large squares
- 1/2 cup soy sauce
- 1 1/2 teaspoons salt
- 1 1/2 pounds lean beef, cut into 1-inch cubes
- 1/3 cup vegetable oil
- 1/4 cup lemon juice

Instructions

1) In a resealable bag, mix well salt, pepper, garlic, Worcestershire, mustard, l

Add beef and toss well to coat. Remove excess air and seal. Marinate for 8 ho

marinate for an additional 8 hours.

2) Thread mushrooms, bell peppers, onion, and meat in skewers.

3) Pour marinade in saucepan and thicken for 10 minutes and transfer to a bov

4) Place skewers on skewer rack in air fryer. If needed, cook in batches.

5) For 10 minutes, cook on 390oF. Halfway through **Cooking Time**, baste and turnover skewers.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 426; Carbs: 15.8g; Protein: 26.2g; Fat: 28.6g

Easy & The Traditional Beef Roast Recipe

Serves: 12

Cooking Time: 2 hours

Ingredients

- 1 cup organic beef broth
- 3 pounds beef round roast
- 4 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) Place in a Ziploc bag all the ingredients and allow to marinate in the fridge

2) Preheat the air fryer for 5 minutes.

3) Transfer all ingredients in a baking dish that will fit in the air fryer.

4) Place in the air fryer and cook for 2 hours for 400F.

Nutrition information:

Calories per serving: 284; Carbohydrates:0.4 g; Protein: 23.7g; Fat: 20.8g

Easy Corn Dog Bites

Serves: 2

Cooking Time: 10 minutes

Ingredients

- ½ cup all-purpose flour
- 1 ½ cup crushed cornflakes
- 2 large beef hot dogs, cut in half crosswise
- 2 large eggs, beaten
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 330F.

2) Skewer the hot dogs using the metal skewers included in the double layer ra

3) In a mixing bowl, combine the flour and eggs to form a batter. Season with water if too dry.

4) Dip the skewered hot dogs in the batter and dredge in cornflakes.

5) Place on the double layer rack accessory and cook for 10 minutes.

Nutrition information:

Calories per serving: 79; Carbs:8 g; Protein: 5g; Fat: 3g

Egg Noodles, Ground Beef & Tomato Sauce Bake

Serves: 3

Cooking Time: 45 minutes

Ingredients

- 1 (15 ounce) can tomato sauce
- 4-ounce egg noodles, cooked according to manufacturer's directions
- 1/2-pound ground beef
- 1/2 teaspoon white sugar
- 1/2 teaspoon salt
- 1/2 teaspoon garlic salt
- 1/2 cup sour cream
- 1/2 large white onion, diced
- 1/4 cup shredded sharp Cheddar cheese, or more to taste
- 1.5-ounce cream cheese

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add ground beef

Halfway through Cooking Time crumble beef.

2) When done cooking, discard excess fat.

3) Stir in tomato sauce, garlic salt, salt, and sugar. Mix well and cook for anot

4) In another bowl, whisk well onion, cream cheese, and sour cream.

5) Place half of the egg noodles on bottom of air fryer baking pan. Top with h
half the tomato sauce mixture. Repeat layering. And then top off with cheese.

6) Cover pan with foil.

7) Cook for another 15 minutes. Uncover and cook for another 5 minutes.

8) Serve and enjoy.

Nutrition information:

Calories per Serving: 524; Carbs: 39.4g; Protein: 24.5g; Fat: 29.8g

Eggs ‘n Bacon on Biscuit Brekky

Serves: 4

Cooking Time: 28 minutes

Ingredients

- ¼ cup milk
- ½ of 16-ounces refrigerated breakfast biscuits
- 1 cup shredded extra sharp cheddar cheese
- 4 scallions, chopped
- 5 eggs
- 8 slices cooked center cut bacon

Instructions

1) In baking pan cook bacon for 8 minutes at 360oF or until crisped. Remove
2) Evenly spread biscuits on bottom. For 5 minutes, cook at same temperature
3) Meanwhile, whisk eggs, milk, and scallions.
4) Remove basket, evenly layer bacon on top of biscuit, sprinkle cheese on top
5) Cook for another 15 minutes or until eggs are set.
6) Serve and enjoy.

Nutrition information:

Calories per Serving: 241; Carbs: 4.3g; Protein: 22.6g; Fat: 23.7g

Fat Burger Bombs

Serves: 6

Cooking Time: 20 minutes

Ingredients

- ½ pound ground beef
- 1 cup almond flour
- 12 slices uncured bacon, chopped
- 2 eggs, beaten
- 3 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) In a mixing bowl, combine all ingredients except for the olive oil.

2) Use your hands to form small balls with the mixture. Place in a baking shee at least 2 hours.

3) Preheat the air fryer for 5 minutes.

4) Brush the meat balls with olive oil on all sides.

5) Place in the air fryer basket.

6) Cook for 20 minutes at 350F.

7) Halfway through the Cooking
Time, shake the fryer basket for a more even cooking.

Nutrition information:

Calories per serving: 412; Carbohydrates: 1.5g; Protein: 19.2g; Fat: 36.6g

Flatiron Steak Grill on Parsley Salad

Serves: 4

Cooking Time: 45 minutes

Ingredients

- ½ cup parmesan cheese, grated
- 1 ½ pounds flatiron steak
- 1 tablespoon fresh lemon juice
- 2 cups parsley leaves
- 3 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Mix together the steak, oil, salt and pepper.

4) Grill for 15 minutes per batch and make sure to flip the meat halfway throu
Time.

5) Meanwhile, prepare the salad by combining in a bowl the parsley leaves, pa

Season with salt and pepper.

Nutrition information:

Calories per serving: 595; Carbs: 4.9g; Protein: 47g; Fat: 43g

Fried Pork with Sweet and Sour Glaze

Serves: 4

Cooking Time: 30 minutes

Ingredients

- ¼ cup rice wine vinegar
- ¼ teaspoon Chinese five spice powder
- 1 cup potato starch
- 1 green onion, chopped
- 2 large eggs, beaten
- 2 pounds pork chops cut into chunks
- 2 tablespoons cornstarch + 3 tablespoons water
- 5 tablespoons brown sugar
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Season pork chops with salt and pepper to taste.

3) Dip the pork chops in egg. Set aside.

4) In a bowl, combine the potato starch and Chinese five spice powder.

5) Dredge the pork chops in the flour mixture.

6) Place in the double layer rack and cook for 30 minutes.

7) Meanwhile, place the vinegar and brown sugar in a saucepan. Season with s
cornstarch slurry and allow to simmer until thick.

8) Serve the pork chops with the sauce and garnish with green onions.

Nutrition information:

Calories per serving: 420; Carbs: 9.1g; Protein: 69.2g; Fat: 11.8g

Garlic Lemon-Wine on Lamb Steak

Serves: 4

Cooking Time: 1 hour and 30 minutes

Ingredients

- ¼ cup extra virgin olive oil
- ½ cup dry white wine
- 1 tablespoon brown sugar
- 2 pounds lamb steak, pounded
- 2 tablespoons lemon juice
- 3 tablespoons ancho chili powder
- 8 cloves of garlic, minced
- Salt and pepper to taste

Instructions

1) Place all Ingredients in bowl and allow the meat to marinate in the fridge fc

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the meat for 20 minutes per batch.

5) Meanwhile, pour the marinade in a saucepan and allow to simmer for 10 m

Nutrition information:

Calories per serving: 500; Carbs: 8g; Protein: 38g; Fat: 35g

Garlic-Cumin ‘n Orange Juice Marinated Steak

Serves: 4

Cooking Time: 60 minutes

Ingredients

- ¼ cup orange juice
- 1 teaspoon ground cumin
- 2 pounds skirt steak, trimmed from excess fat
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 4 cloves of garlic, minced
- Salt and pepper to taste

Instructions

1) Place all ingredients in a mixing bowl and allow to marinate in the fridge fc

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill for 15 minutes per batch and flip the beef every 8 minutes for even gri

5) Meanwhile, pour the marinade on a saucepan and allow to simmer for 10 m

6) Slice the beef and pour over the sauce.

Nutrition information:

Calories per serving: 568; Carbs: 4.7g; Protein: 59.1g; Fat: 34.7g

Garlicky Buttered Chops

Serves: 4

Cooking Time: 30 minutes

Ingredients

- 1 tablespoons butter, melted
- 2 teaspoons chopped parsley
- 2 teaspoons grated garlic
- 4 pork chops
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 330F.

2) Place the grill pan accessory in the air fryer.

3) Season the pork chops with the remaining Ingredients.

4) Place on the grill pan and cook for 30 minutes.

5) Flip the pork chops halfway through the Cooking Time.

Nutrition information:

Calories per serving: 352; Carbs: 1.6g; Protein: 40.7g; Fat: 20.3g

Garlic-Mustard Rubbed Roast Beef

Serves: 12

Cooking Time: 2 hours

Ingredients

- ¼ cup Dijon mustard
- ¼ cup freshly parsley, chopped
- ¼ cup unsalted butter
- 2 cups almond flour
- 2 tablespoons olive oil
- 3 ½ cups beef broth
- 3 pounds boneless beef eye round roast
- 4 cloves of garlic, chopped
- Salt and pepper to taste

Instructions

1) In a mixing bowl, combine the garlic, almond flour, parsley, salt and peppe

2) Heat a butter and olive oil in a skillet and brown the beef on all sides.

3) Rub the almond flour mixture all over the beef.

4) Brush with Dijon mustard.

5) Place the crusted beef in a baking dish.

6) Pour slowly the beef broth.

7) Place the baking dish with the bee in the air fryer. Close.

8) Cook for 2 hours at 400F.

9) Baste the beef with the sauce every 30 minutes.

Nutrition information:

Calories per serving: 310; Carbohydrates: 7.2g; Protein: 24.6g; Fat: 20.30g

Garlic-Rosemary Lamb BBQ

Serves: 2

Cooking Time: 12 minutes

Ingredients

- 1-lb cubed lamb leg
- juice of 1 lemon
- fresh rosemary
- 3 smashed garlic cloves
- salt and pepper
- 1/2 cup olive oil

Instructions

1) In a shallow dish, mix well all Ingredients and marinate for 3 hours.

2) Thread lamb pieces in skewers. Place on skewer rack in air fryer.

3) For 12 minutes, cook on 390oF. Halfway through Cooking.Time, turnover s

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 560; Carbs: 5.4g; Protein: 46.5g; Fat: 39.1g

Garlic-Rosemary Rubbed Beef Rib Roast

Serves: 14

Cooking Time: 2 hours

Ingredients

- 1 cup dried porcini mushrooms
- 1 medium shallot, chopped
- 2 cloves of garlic, minced
- 2 cups water
- 3 tablespoons unsalted pepper
- 3 tablespoons vegetable oil
- 4 sprigs of thyme
- 6 ribs, beef rib roast
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Place all ingredients in a baking dish that will fit in the air fryer.

3) Place the dish in the air fryer and cook for 2 hours at 325F.

Nutrition

information: Calories per serving: 320; Carbohydrates: 0.9g; Protein: 32.4g;

Ginger Soy Beef Recipe from the Orient

Serves: 3

Cooking Time: 5 minutes

Ingredients

- 2 tablespoons soy sauce
- 1 green onions, chopped
- 1 clove garlic, minced
- 1 tablespoon and 1-1/2 teaspoons hoisin sauce
- 1 tablespoon and 1-1/2 teaspoons sherry
- 1/2 teaspoon barbeque sauce
- 1-1/2 teaspoons minced fresh ginger root
- 3/4-pound flank steak, thinly sliced

Instructions

1) In a resealable bag, mix well ginger, garlic, green onions, barbecue sauce, s steak and mix well. Remove excess air, seal, and marinate for at least 2 hours.

2) Thread steak into skewers and discard marinade.

3) For 5 minutes, cook on preheated 390oF air fryer.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 130; Carbs: 6.7g; Protein: 14.7g; Fat: 4.9g

Ginger, Garlic ‘n Pork Dumplings

Serves: 8

Cooking Time: 15 minutes

Ingredients

- ¼ teaspoon crushed red pepper
- ½ teaspoon sugar
- 1 tablespoon chopped fresh ginger
- 1 tablespoon chopped garlic
- 1 teaspoon canola oil
- 1 teaspoon toasted sesame oil
- 18 dumpling wrappers
- 2 tablespoons rice vinegar
- 2 teaspoons soy sauce
- 4 cups bok choy, chopped
- 4 ounces ground pork

Instructions

1) Heat oil in a skillet and sauté the ginger and garlic until fragrant. Stir in the
minutes.

2) Stir in the bok choy and crushed red pepper. Season with salt and pepper to

3) Place the meat mixture in the middle of the dumpling wrappers. Fold the w

4) Place the bok choy in the grill pan.

5) Cook the dumplings in the air fryer at 330F for 15 minutes.

6) Meanwhile, prepare the dipping sauce by combining the remaining Ingredie

Nutrition information:

Calories per serving: 137; Carbs: 16g; Protein: 7g; Fat: 5g

Ginger-Orange Beef Strips

Serves: 3

Cooking Time: 25 minutes

Ingredients

- 1 ½ pounds stir fry steak slices
- 1 ½ teaspoon sesame oil
- 1 navel oranges, segmented
- 1 tablespoon olive oil
- 1 tablespoon rice vinegar
- 1 teaspoon grated ginger
- 2 scallions, chopped
- 3 cloves of garlic, minced
- 3 tablespoons molasses
- 3 tablespoons soy sauce
- 6 tablespoons cornstarch

Instructions

1) Preheat the air fryer to 330F.

2) Season the steak slices with soy sauce and dust with cornstarch.

3) Place in the air fryer basket and cook for 25 minutes.

4) Meanwhile, place in the skillet oil and heat over medium flame.

5) Sauté the garlic and ginger until fragrant.

6) Stir in the oranges, molasses, and rice vinegar. Season with salt and pepper

7) Once the meat is cooked, place in the skillet and stir to coat the sauce.

8) Drizzle with sesame oil and garnish with scallions.

Nutrition information:

Calories per serving: 306; Carbs: 43.6g; Protein: 9.4g; Fat: 10.4g

Gravy Smothered Country Fried Steak

Serves: 2

Cooking Time: 25 minutes

Ingredients

- 1 cup flour
- 1 cup panko bread crumbs
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 cups milk
- 2 tablespoons flour
- 3 eggs, beaten
- 6 ounces ground sausage meat
- 6 ounces sirloin steak, pounded thin
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 330F.

2) Season the steak with salt and pepper to taste.

3) Dip the steak in egg and dredge in flour mixture (comprised of flour, bread powder).

4) Place in the air fryer and cook for 25 minutes.

5) Meanwhile, place the sausage meat in a saucepan and allow the fat to rende add milk. Season with salt and pepper to taste. Keep stirring until the sauce thi

6) Serve the steak with the milk gravy

Nutrition information:

Calories per serving: 1048; Carbs: 88.1g; Protein:64.2 g; Fat: 48.7g

Grilled Beef with Grated Daikon Radish

Serves: 2

Cooking Time: 40 minutes

Ingredients

- ¼ cup grated daikon radish
- ½ cup rice wine vinegar
- ½ cup soy sauce
- 1 tablespoon olive oil
- 2 strip steaks
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the steak with salt and pepper.

4) Brush with oil.

5) Grill for 20 minutes per piece and make sure to flip the beef halfway throug
Time.

6) Prepare the dipping sauce by combining the soy sauce and vinegar.

7) Serve the steak with the sauce and daikon radish.

Nutrition information:

Calories per serving: 510; Carbs:19.3 g; Protein: 54g; Fat: 24g

Grilled Prosciutto Wrapped Fig

Serves: 2

Cooking Time: 8 minutes

Ingredients

- 2 whole figs, sliced in quarters
- 8 prosciutto slices
- Pepper and salt to taste

Instructions

1) Wrap a prosciutto slice around one slice of fid and then thread into skewer. Ingredients. Place on skewer rack in air fryer.

2) For 8 minutes, cook on 390oF. Halfway through Cooking Time, turnover skewers.

3) Serve and enjoy.

Nutrition information:

Calories per Serving: 277; Carbs: 10.7g; Protein: 36.0g; Fat: 10.0g

Grilled Sausages with BBQ Sauce

Serves: 3

Cooking Time: 30 minutes

Ingredients

- ½ cup prepared BBQ sauce
- 6 sausage links

for Cooking:

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Place the sausage links and grill for 30 minutes.

4) Flip halfway through the Cooking Time.

5) Before serving brush with prepared BBQ sauce.

Nutrition information:

Calories per serving: 265; Carbs: 6.4g; Protein: 27.7g; Fat: 14.2g

Grilled Spicy Carne Asada

Serves: 2

Cooking Time: 50 minutes

Ingredients

- 1 chipotle pepper, chopped
- 1 dried ancho chilies, chopped
- 1 tablespoon coriander seeds
- 1 tablespoon cumin
- 1 tablespoons soy sauce
- 2 slices skirt steak
- 2 tablespoons Asian fish sauce
- 2 tablespoons brown sugar
- 2 tablespoons of fresh lemon juice
- 2 tablespoons olive oil
- 3 cloves of garlic, minced

Instructions

1) Place all ingredients in a Ziploc bag and marinate in the fridge for 2 hours.

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the skirt steak for 20 minutes.

5) Flip the steak every 10 minutes for even grilling.

Nutrition information:

Calories per serving: 697; Carbs: 10.2g; Protein:62.7 g; Fat: 45g

Grilled Steak on Tomato-Olive Salad

Serves: 5

Cooking Time: 50 minutes

Ingredients

- ¼ cup extra virgin olive oil
- ¼ teaspoon cayenne pepper
- ½ cup green olives, pitted and sliced
- 1 cup red onion, chopped
- 1 tablespoon oil
- 1 teaspoon paprika
- 2 ½ pound flank
- 2 pounds cherry tomatoes, halved
- 2 tablespoons Sherry vinegar
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the steak with salt, pepper, paprika, and cayenne pepper. Brush with

4) Place on the grill pan and cook for 45 to 50 minutes.

5) Meanwhile, prepare the salad by mixing the remaining ingredients.

6) Serve the beef with salad.

Nutrition information:

Calories per serving: 351; Carbs: 8g; Protein: 30g; Fat: 22g

Grilled Tri Tip over Beet Salad

Serves: 6

Cooking Time: 45 minutes

Ingredients

- 1 bunch arugula, torn
- 1 bunch scallions, chopped
- 1-pound tri-tip, sliced
- 2 tablespoons olive oil
- 3 beets, peeled and sliced thinly
- 3 tablespoons balsamic vinegar
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the tri-tip with salt and pepper. Drizzle with oil.

4) Grill for 15 minutes per batch.

5) Meanwhile, prepare the salad by tossing the rest of the ingredients in a sala

6) Toss in the grilled tri-trip and drizzle with more balsamic vinegar.

Nutrition information:

Calories per serving: 221; Carbs: 20.7g; Protein: 17.2g; Fat: 7.7g

Ground Beef on Deep Dish Pizza

Serves: 4

Cooking Time: 25 minutes

Ingredients

- 1 can (10-3/4 ounces) condensed tomato soup, undiluted
- 1 can (8 ounces) mushroom stems and pieces, drained
- 1 cup shredded part-skim mozzarella cheese
- 1 cup warm water (110°F to 115°F)
- 1 package (1/4 ounce) active dry yeast
- 1 small green pepper, julienned
- 1 teaspoon dried rosemary, crushed
- 1 teaspoon each dried basil, oregano and thyme
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/4 teaspoon garlic powder
- 1-pound ground beef, cooked and drained
- 2 tablespoons canola oil
- 2-1/2 cups all-purpose flour

Instructions

1) In a large bowl, dissolve yeast in warm water. Add the sugar, salt, oil and 2 half in the freezer for future use.

2) On a floured surface, roll into a square the size of your air fryer. Transfer tc

Sprinkle with beef.

3) Mix well seasonings and soup in a small bowl and pour over beef.

4) Sprinkle top with mushrooms and green pepper. Top with cheese.

5) Cover pan with foil.

6) For 15 minutes, cook on 390oF.

7) Remove foil, cook for another 10 minutes or until cheese is melted.

8) Serve and enjoy.

Nutrition information:

Calories per Serving: 362; Carbs: 39.0g; Protein: 20.0g; Fat: 14.0g

Ground Beef, Rice ‘n Cabbage Casserole

Serves: 6

Cooking Time: 50 minutes

Ingredients

- 1-pound ground beef
- 1 (14 ounce) can beef broth
- 1/2 cup chopped onion
- 1/2 (29 ounce) can tomato sauce
- 1/2 cup uncooked white rice
- 1/2 teaspoon salt
- 1-3/4 pounds chopped cabbage

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add beef and for

Halfway through Cooking Time, stir and crumble beef.

2) Meanwhile, in a large bowl whisk well salt, rice, cabbage, onion, and tomat
mix well. Pour broth.

3) Cover pan with foil.

4) Cook for 25 minutes at 330oF, uncover, mix and cook for another 15 minut

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 356; Carbs: 25.5g; Protein: 17.1g; Fat: 20.6g

Hanger Steak in Mole Rub

Serves: 2

Cooking Time: 60 minutes

Ingredients

- 1 tablespoon ground black pepper
- 2 hanger steaks
- 2 tablespoons coriander seeds
- 2 tablespoons ground coffee
- 2 tablespoons olive oil
- 2 tablespoons salt
- 4 teaspoons unsweetened cocoa powder
- 4 teaspoons brown sugar

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) In a bowl, make the spice rub by combining the coriander seeds, ground co
powder, and black pepper.

4) Rub the spice mixture on the steaks and brush with oil.

5) Grill for 30 minutes and make sure to flip the meat every 10 minutes for ev

Nutrition information:

Calories per serving: 680; Carbs: 16g; Protein:48 g; Fat: 47g

Hickory Smoked Beef Jerky

Serves: 2

Cooking Time: 1 hour

Ingredients

- ¼ cup Worcestershire sauce
- ½ cup brown sugar
- ½ cup soy sauce
- ½ teaspoon black pepper
- ½ teaspoon smoked paprika
- 1 tablespoon chili pepper sauce
- 1 tablespoon liquid smoke, hickory
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1-pound ground beef, sliced thinly

Instructions

1) Combine all Ingredients in a mixing bowl or Ziploc bag.

2) Marinate in the fridge overnight.

3) Preheat the air fryer to 330F.

4) Place the beef slices on the double layer rack.

5) Cook for one hour until the beef jerky is very dry.

Nutrition information:

Calories per serving: 723; Carbs: 79.8g; Protein: 55.6g; Fat: 20.2g

Italian Beef Roast

Serves: 10

Cooking Time: 3 hours

Ingredients

- ¼ teaspoon black pepper
- ½ cup water
- ½ teaspoon thyme
- 1 onion, sliced thinly
- 1 teaspoon basil
- 1 teaspoon salt
- 2 ½ pounds beef round roast
- 4 tablespoons olive oil

Instructions

1) Place all ingredients in a baking dish and make sure that the entire surface c spices.

2) Place the baking dish with the bee in the air fryer. Close.

3) Cook for 3 hours at 400F.

Nutrition information:

Calories per serving: 282; Carbohydrates: 0.2g; Protein: 23.6g; Fat: 20.7g

Italian Sausage & Tomato Egg Bake

Serves: 1

Cooking Time: 16 minutes

Ingredients

- ½ Italian sausage, sliced into ¼-inch thick
- 1 tablespoon olive oil
- 3 eggs
- 4 cherry tomatoes (in half)
- Chopped parsley
- Grano Padano cheese (or parmesan)
- Salt/Pepper

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) Add Italian sausage and cook for 5 minutes at 360oF.

3) Add olive oil and cherry tomatoes. Cook for another 6 minutes.

4) Meanwhile, whisk well eggs, parsley, cheese, salt, and pepper in a bowl.

5) Remove basket and toss the mixture a bit. Pour eggs over mixture.

6) Cook for another 5 minutes.

7) Serve and enjoy.

Nutrition information:

Calories per Serving: 295; Carbs: 7.8g; Protein: 14.4g; Fat: 22.9g

Keto-Approved Cheeseburger Bake

Serves: 4

Cooking Time: 35 minutes

Ingredients

- 1 clove garlic, minced
- 1/2 cup heavy whipping cream
- 1/2-pound bacon, cut into small pieces
- 1/4 teaspoon onion powder
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1-pound ground beef
- 4 eggs
- 6-ounce shredded Cheddar cheese, divided

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add beef, onion

minutes, cook on 360oF. stirring and crumbling halfway through Cooking Time.

2) Discard excess fat and evenly spread ground beef on bottom of pan. Top wi

Sprinkle half of the cheese on top.

3) In a bowl, whisk well pepper, salt, heavy cream, and eggs. Pour over bacon

4) Sprinkle remaining cheese on top of eggs.

5) Cover pan with foil and cook for 15 minutes.

6) Uncover and cook for another 10 minutes until tops are browned and eggs a

7) Serve and enjoy.

Nutrition information:

Calories per Serving: 454; Carbs: 1.6g; Protein: 28.7g; Fat: 36.9g

Maple ‘n Soy Marinated Beef

Serves: 4

Cooking Time: 45 minutes

Ingredients

- 2 pounds sirloin flap steaks, pounded
- 3 tablespoons balsamic vinegar
- 3 tablespoons maple syrup
- 3 tablespoons soy sauce
- 4 cloves of garlic, minced

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) On a deep dish, place the flap steaks and season with soy sauce, balsamic v garlic.

4) Place on the grill pan and cook for 15 minutes in batches.

Nutrition information:

Calories per serving: 331; Carbs: 9g; Protein: 31g; Fat: 19g

Maras Pepper Lamb Kebab Recipe from Turkey

Serves: 2

Cooking Time: 15 minutes

Ingredients

- 1-lb lamb meat, cut into 2-inch cubes
- Kosher salt
- Freshly cracked black pepper
- 2 tablespoons Maras pepper, or 2 teaspoons other dried chili powder mixed
- 1 teaspoon minced garlic
- 2 tablespoons roughly chopped fresh mint
- 1/2 cup extra-virgin olive oil, divided
- 1/2 cup dried apricots, cut into medium dice

Instructions

1) In a bowl, mix pepper, salt, and half of olive oil. Add lamb and toss well to

2) Cook for 5 minutes at 390oF or to desired doneness.

3) In a large bowl, mix well remaining oil, mint, garlic, Maras pepper, and apr with salt and pepper. Toss well to coat

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 602; Carbs: 25.8g; Protein: 40.3g; Fat: 37.5g

Meat Balls with Mint Yogurt Dip From Morocco

Serves: 2

Cooking Time: 25 minutes

Ingredients

- ¼ cup bread crumbs
- ¼ cup sour cream
- ½ cup Greek yogurt
- 1 clove of garlic, minced
- 1 egg, beaten
- 1 tablespoon mint, chopped
- 1 teaspoon cayenne pepper
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon red chili paste
- 1-pound ground beef
- 2 cloves of garlic, minced
- 2 tablespoon flat leaf parsley, chopped
- 2 tablespoons buttermilk
- 2 tablespoons honey
- 2 tablespoons mint
- Salt and pepper to taste

Instructions

1) In a mixing bowl, combine the ground beef, cumin, coriander, cayenne pep form small balls. Set aside and allow to rest in the fridge for at least 30 minute

2) Preheat the air fryer to 330F.

3) Place the meatballs in the air fryer basket and cook for 25 minutes. Give the evenly.

4) Meanwhile, mix the Greek yogurt, sour cream, buttermilk, mint, garlic, and and pepper.

5) Serve the meatballs with the yogurt sauce.

Nutrition information:

Calories per serving:779 ; Carbs: 28.5g; Protein: 65g; Fat: 45g

Meatballs ‘n Parmesan-Cheddar Pizza

Serves: 4

Cooking Time: 15 minutes

Ingredients

- 1 prebaked 6-inch pizza crust
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 4 tbsp grated Parmesan cheese
- 1 small onion, halved and sliced
- 1/2 can (8 ounces) pizza sauce
- 6 frozen fully cooked Italian meatballs (1/2 ounce each), thawed and halved
- 1/2 cup shredded part-skim mozzarella cheese
- 1/2 cup shredded cheddar cheese

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) Place crust on bottom of pan. Spread sauce on top. Sprinkle with parmesan, powder.

3) Top with meatballs and onion. Sprinkle remaining cheese.

4) For 15 minutes, cook on preheated 390oF air fryer.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 324; Carbs: 28.0g; Protein: 17.0g; Fat: 16.0g

Meatloaf with Sweet-Sour Glaze

Serves: 3

Cooking Time: 30 minutes

Ingredients

- ½ medium onion, chopped
- ½ Tbsp lightly dried (or fresh chopped) Parsley
- 1 Tbsp Worcestershire sauce
- 1 tsp (or 2 cloves) minced garlic
- 1 tsp dried basil
- 1/3 cup Kellogg's corn flakes crumbs
- 1-2 tsp freshly ground black pepper
- 1-2 tsp salt
- 1-pound lean ground beef (93% fat free), raw
- 3 tsp Splenda (or Truvia) brown sugar blend
- 5 Tbsp Heinz reduced-sugar ketchup
- 8-oz tomato sauce, divided

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) In a large bowl, mix well 6-
oz tomato sauce, garlic, pepper, salt, corn flake crumbs, and onion. Stir in grou

3) Evenly spread ground beef mixture in pan, ensuring that it is lumped altoge

4) In a medium bowl, whisk all remaining Ingredients together to make a glaz

5) Cover pan with foil.

6) For 15 minutes, cook on 360oF. Remove foil and continue cooking for anot

7) Let it stand for 5 minutes.

8) Serve and enjoy.

Nutrition information:

Calories per Serving: 427; Carbs: 25.7g; Protein: 42.5g; Fat: 17.1

Meaty Pasta Bake from the Southwest

Serves: 6

Cooking Time: 45 minutes

Ingredients

- 1 can (14-1/2 ounces each) diced tomatoes, undrained
- 1 cup shredded Monterey Jack cheese
- 1 cup uncooked elbow macaroni, cooked according to manufacturer's instr
- 1 jalapeno pepper, seeded and chopped
- 1 large onion, chopped
- 1 teaspoon chili powder
- 1 teaspoons salt
- 1/2 can (16 ounces) kidney beans, rinsed and drained
- 1/2 can (4 ounces) chopped green chilies, drained
- 1/2 can (6 ounces) tomato paste
- 1/2 teaspoon ground cumin
- 1/2 teaspoon pepper
- 1-pound ground beef
- 2 garlic cloves, minced

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add ground beef

minutes, cook on 360oF. Halfway through Cooking
Time, stir and crumble beef.

2) Mix in diced tomatoes, kidney beans, tomato paste, green chilies, salt, chili
well. Cook for another 10 minutes.

3) Stir in macaroni and mix well. Top with jalapenos and cheese.

4) Cover pan with foil.

5) Cook for 15 minutes at 390oF, remove foil and continue cooking for anothe
browned.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 323; Carbs: 23.0g; Protein: 24.0g; Fat: 15.0g

Monterey Jack ‘n Sausage Brekky Casserole

Serves: 2

Cooking Time: 20 minutes

Ingredients

- ½ cup shredded Cheddar-Monterey Jack cheese blend
- 1 green onion, chopped
- 1 pinch cayenne pepper
- 1/4-lb breakfast sausage
- 2 tbsp red bell pepper, diced
- 4 eggs

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) Add sausage and for 8 minutes, cook on 390oF. Halfway through, crumble

3) Meanwhile, whisk eggs in a bowl and stir in bell pepper, green onion, and c

4) Remove basket and toss the mixture a bit. Evenly spread cheese and pour e

5) Cook for another 12 minutes at 330oF or until eggs are set to desired donen

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 383; Carbs: 2.9g; Protein: 31.2g; Fat: 27.4g

Mustard ‘n Italian Dressing on Flank Steak

Serves: 3

Cooking Time: 45 minutes

Ingredients

- ½ cup yellow mustard
- ½ teaspoon black pepper
- 1 ¼ pounds beef flank steak
- 1 cup Italian salad dressing
- Salt to taste

Instructions

1) Place all ingredients in a Ziploc bag and allow to marinate in the fridge for

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill for 15 minutes per batch making sure to flip the meat halfway through Time.

Nutrition information:

Calories per serving: 576; Carbs: 3.1g; Protein:35 g; Fat: 47g

Mustard ‘n Pepper Roast Beef

Serves: 9

Cooking Time: 1 hour and 30 minutes

Ingredients

- ¼ cup flat-leaf parsley, chopped
- 1 ½ pounds medium shallots, chopped
- 1 boneless rib roast
- 2 tablespoons whole grain mustard
- 3 tablespoons mixed peppercorns
- 4 medium shallots, chopped
- 4 tablespoons olive oil
- Salt to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Place all ingredients in a baking dish that will fit in the air fryer.

3) Place the dish in the air fryer and cook for 1 hour and 30 minutes at 325F.

Nutrition information:

Calories per serving: 451; Carbohydrates: 15.4g; Protein: 30.5g; Fat: 29.7g

New York Steak with Yogurt-Cucumber Sauce

Serves: 2

Cooking Time: 50 minutes

Ingredients

- ½ cup parsley, chopped
- 1 cucumber, seeded and chopped
- 1 cup Greek yogurt
- 2 New York strip steaks
- 3 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the strip steaks with salt and pepper. Drizzle with oil.

4) Grill the steak for 20 minutes per batch and make sure to flip the meat ever

5) Meanwhile, combine the cucumber, yogurt, and parsley.

6) Serve the beef with the cucumber yogurt.

Nutrition information:

Calories per serving: 460; Carbs: 5.2g; Protein: 50.8g; Fat: 26.3g

Onion ‘n Garlic Rubbed Trip Tip

Serves: 4

Cooking Time: 50 minutes

Ingredients

- ½ cup red wine vinegar
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1-pound beef tri-tip
- 3 avocadoes, seeded and sliced
- 3 tablespoons olive oil

Instructions

1) In a Ziploc bag, place all ingredients except for the avocado slices.

2) Allow to marinate in the fridge for 2 hours.

3) Preheat the air fryer to 330F.

4) Place the grill pan accessory in the air fryer.

5) Grill the avocado for 2 minutes while the beef is marinating. Set aside.

6) After two hours, grill the beef for 50 minutes. Flip the beef halfway through Time.

7) Serve the beef with grilled avocadoes

Nutrition information:

Calories per serving: 515; Carbs: 8g; Protein: 33g; Fat: 39g

Oregano-Paprika on Breaded Pork

Serves: 4

Cooking Time: 30 minutes

Ingredients

- ¼ cup water
- ¼ teaspoon dry mustard
- ½ teaspoon black pepper
- ½ teaspoon cayenne pepper
- ½ teaspoon garlic powder
- ½ teaspoon salt
- 1 cup panko breadcrumbs
- 1 egg, beaten
- 2 teaspoons oregano
- 4 lean pork chops
- 4 teaspoons paprika

Instructions

1) Preheat the air fryer to 390F.

2) Pat dry the pork chops.

3) In a mixing bowl, combine the egg and water. Then set aside.

4) In another bowl, combine the rest of the Ingredients.

5) Dip the pork chops in the egg mixture and dredge in the flour mixture.

6) Place in the air fryer basket and cook for 25 to 30 minutes until golden.

Nutrition information:

Calories per serving: 364; Carbs: 2.5g; Protein: 42.9g; Fat: 20.2g

Paprika Beef ‘n Bell Peppers Stir Fry

Serves: 4

Cooking Time: 40 minutes

Ingredients

- 1 ¼ pounds beef flank steak, sliced thinly
- 1 red bell pepper, julienned
- 1 tablespoon cayenne pepper
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 yellow bell pepper, julienned
- 3 tablespoons olive oil
- 3 tablespoons paprika powder
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) In a bowl, toss all ingredients to coat everything with the seasonings.

4) Place on the grill pan and cook for 40 minutes.

5) Make sure to stir every 10 minutes for even cooking.

Nutrition information:

Calories per serving: 334; Carbs: 9.8g; Protein: 32.5g; Fat: 18.2g

Peach Puree on Ribeye

Serves: 2

Cooking Time: 45 minutes

Ingredients

- ¼ cup balsamic vinegar
- 1 cup peach puree
- 1 tablespoon paprika
- 1 teaspoon thyme
- 1-pound T-bone steak
- 2 teaspoons lemon pepper seasoning
- Salt and pepper to taste

Instructions

1) Place all ingredients in a Ziploc bag and allow to marinate in the fridge for

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill for 20 minutes and flip the meat halfway through the Cooking Time.

Nutrition information:

Calories per serving: 570; Carbs: 35.7g; Protein: 47g; Fat: 26.5g

Pickling ‘n Jerk Spiced Pork

Serves: 3

Cooking Time: 15 minutes

Ingredients

- ½ cup ready-made jerk sauce
- 1 cup rum
- 1 cup water
- 1-lb pork tenderloin, sliced into 1-inch cubes
- 2 teaspoons pickling spices
- 3 tablespoons brown sugar
- 3 tablespoons each salt
- 4 garlic cloves

Instructions

1) In a saucepan, bring to a boil water salt and brown sugar. Stir in garlic and j
minutes. Turn off fire and whisk in rum.

2) Transfer sauce to a shallow dish, mix well pork tenderloin and marinate in t

3) Thread pork pieces in skewers. Baste with jerk sauce and place on skewer r

4) For 12 minutes, cook on 360oF. Halfway through Cooking.Time, turnover s
needed, cook in batches.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 295; Carbs: 19.9g; Protein: 41.0g; Fat: 5.7g

Pineapple, Mushrooms & Beef Kebabs

Serves: 4

Cooking Time: 20 minutes

Ingredients

- 2 tablespoons soy sauce
- 1 green bell peppers, cut into 2-inch pieces
- 1 cup cherry tomatoes
- 1 1/2 tablespoons light brown sugar
- 1 1/2 tablespoon distilled white vinegar
- 1-pound beef sirloin steak, cut into 1 1/2-inch cubes
- 1/2 fresh pineapple - peeled, cored and cubed
- 1/4 teaspoon garlic powder
- 1/4 teaspoon seasoned salt
- 1/4 teaspoon garlic pepper seasoning
- 1/4 cup lemon-lime flavored carbonated beverage
- 1/4-pound fresh mushrooms, stems removed

Instructions

1) Whisk well carbonated beverage, garlic pepper seasoning, seasoned salt, ga

2) Add steak in bag and marinate for at least overnight. Ensuring to turnover a

3) Thread pineapple, tomatoes, mushrooms, green peppers, and steak in skewe fryer. Cook in batches. Baste with reserved sauce.

4) For 10 minutes, cook on 360oF. Halfway through Cooking Time, baste and turnover skewers.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 330; Carbs: 19.2g; Protein: 24.0g; Fat: 17.4g

Pineapple-Teriyaki Beef Skewer

Serves: 6

Cooking Time: 12 minutes

Ingredients

- 2 tablespoons pineapple juice (optional)
- 2 tablespoons water
- 1 tablespoon vegetable oil
- 1/4 cup and 2 tablespoons light brown sugar
- 1/4 cup soy sauce
- 1-pound boneless round steak, cut into 1/4-inch slices
- 3/4 large garlic cloves, chopped

Instructions

1) In a resealable bag, mix all Ingredients thoroughly except for beef. Then ad seal. Place in ref and marinate for at least a day.

2) Thread beef into skewers and place on skewer rack in air fryer. If needed, c

3) For 6 minutes, cook on 390oF.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 191; Carbs: 15.2g; Protein: 15.9g; Fat: 7.4g

Pork Belly Marinated in Onion-Coconut Cream

Serves: 3

Cooking Time: 25 minutes

Ingredients

- ½ pork belly, sliced to thin strips
- 1 onion, diced
- 1 tablespoon butter
- 4 tablespoons coconut cream
- Salt and pepper to taste

Instructions

1) Place all ingredients in a mixing bowl and allow to marinate in the fridge fc

2) Preheat the air fryer for 5 minutes.

3) Place the pork strips in the air fryer and bake for 25 minutes at 350F.

Nutrition information:

Calories per serving: 449; Carbohydrates: 1.9g; Protein: 19.1g; Fat: 40.6g

Pork Belly with Sweet-Sour Sauce

Serves: 4

Cooking Time: 60 minutes

Ingredients

- ¼ cup lemon juice
- ½ cup soy sauce
- 1 bay leaf
- 2 pounds pork belly
- 2 tablespoons hoisin sauce
- 3 tablespoons brown sugar
- 3-star anise
- Salt and pepper to taste

Instructions

1) Place all Ingredients in a Ziploc bag and allow to marinate in the fridge for

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the pork for at least 20 minutes per batch.

5) Make sure to flip the pork every 10 minutes.

6) Chop the pork before serving and garnish with green onions.

Nutrition information:

Calories per serving: 1301; Carbs: 15.5g; Protein:24 g; Fat: 126.4g

Pork Chops Crusted in Parmesan-Paprika

Serves: 6

Cooking Time: 35 minutes

Ingredients

- ¼ teaspoon pepper
- ½ teaspoon chili powder
- ½ teaspoon onion powder
- ½ teaspoon salt
- 1 cup pork rind crumbs
- 1 teaspoon smoked paprika
- 2 large eggs, beaten
- 3 tablespoons parmesan cheese
- 6 thick pork chops

Instructions

1) Season the pork chops with salt, pepper, paprika, onion, and chili powder. A
at least 3 hours.

2) In a bowl, place the beaten egg.

3) In another bowl, combine the pork rind and parmesan cheese.

4) Preheat the air fryer to 390F.

5) Dip the pork in beaten egg before dredging in the pork rind crumb mixture.

6) Place in the air fryer basket and cook for 30 to 35 minutes.

Nutrition information:

Calories per serving: 316; Carbs: 1.2g; Protein: 26.9g; Fat: 22.6g

Pork Chops Marinate in Honey-Mustard

Serves: 4

Cooking Time: 25 minutes

Ingredients

- 2 tablespoons honey
- 2 tablespoons minced garlic
- 4 pork chops
- 4 tablespoons mustard
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 330F.

2) Place the air fryer basket.

3) Season the pork chops with the rest of the Ingredients.

4) Place inside the basket.

5) Cook for 20 to 25 minutes until golden.

Nutrition information:

Calories per serving: 376; Carbs: 12.3g; Protein: 41.3g; Fat: 17.9g

Pork Chops On the Grill Simple Recipe

Serves: 6

Cooking Time: 50 minutes

Ingredients

- 1 cup salt
- 1 cup sugar
- 6 pork chops
- 8 cups water

Instructions

1) Place all ingredients in a deep bowl and allow to soak the pork chops in the in the fridge.

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Place the meat on the grill pan and cook for 50 minutes making sure to flip

Nutrition information:

Calories per serving: 384; Carbs:16.6 g; Protein: 40.2g; Fat: 17.4g

Pork Stuffed with Gouda ‘n Horseradish

Serves: 2

Cooking Time: 15 minutes

Ingredients

- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups fresh baby spinach
- 2 pork sirloin cutlets (3 ounces each)
- 2 slices smoked Gouda cheese (about 2 ounces)
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons horseradish mustard
- 3 tablespoons dry bread crumbs

Instructions

1) Mix well Parmesan and bread crumbs in a small bowl.

2) On a flat surface, season pork with pepper and salt. Add spinach and cheese filling. With toothpicks secure pork.

3) Brush mustard all over pork and dip in crumb mixture.

4) Lightly grease baking pan of air fryer with cooking spray. Add pork.

5) For 15 minutes, cook on 330oF. Halfway through Cooking Time, turnover.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 304; Carbs: 10.0g; Protein: 30.0g; Fat: 16.0g

Pork with Balsamic-Raspberry Jam

Serves: 4

Cooking Time: 30 minutes

Ingredients

- ¼ cup all-purpose flour
- ¼ cup milk
- 1 cup chopped pecans
- 1 cup panko breadcrumbs
- 2 large eggs, beaten
- 2 tablespoons raspberry jam
- 2 tablespoons sugar
- 2/3 cup balsamic vinegar
- 4 smoked pork chops
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 330F.

2) Season pork chops with salt and pepper to taste.

3) In a small bowl, whisk together eggs and milk. Set aside.

4) Dip the pork chops in flour then in the egg mixture before dredging in the p

5) Place in the air fryer and cook for 30 minutes.

6) Meanwhile, prepare the sauce by putting in the saucepan the remaining Ing
pepper.

7) Drizzle the pork chops with the sauce once cooked.

Nutrition information:

Calories per serving: 624; Carbs: 24.6g; Protein: 45.6g; Fat: 38.1g

Pureed Onion Marinated Beef

Serves: 3

Cooking Time: 45 minutes

Ingredients

- 1 ½ pounds skirt steak
- 1 large red onion, grated or pureed
- 1 tablespoon vinegar
- 2 tablespoons brown sugar
- Salt and pepper to taste

Instructions

1) Place all ingredients in a Ziploc bag and allow to marinate in the fridge for

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill for 15 minutes per batch.

5) Flip every 8 minutes for even grilling.

Nutrition information:

Calories per serving: 512; Carbs: 6g; Protein: 60.1g; Fat: 27.5g

Rib Eye Steak Recipe from Hawaii

Serves: 6

Cooking Time: 45 minutes

Ingredients

- ½ cup soy sauce
- ½ cup sugar
- 1-inch ginger, grated
- 2 cups pineapple juice
- 2 teaspoons sesame oil
- 3 pounds rib eye steaks
- 5 tablespoon apple cider vinegar

Instructions

1) Combine all ingredients in a Ziploc bag and allow to marinate in the fridge

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the meat for 15 minutes while flipping the meat every 8 minutes and c

5) Meanwhile, pour the marinade in a saucepan and allow to simmer until the

6) Brush the grilled meat with the glaze before serving.

Nutrition information:

Calories per serving: 612; Carbs: 28g; Protein: 44g; Fat: 36g

Rib Eye Steak Seasoned with Italian Herb

Serves: 4

Cooking Time: 45 minutes

Ingredients

- 1 packet Italian herb mix
- 1 tablespoon olive oil
- 2 pounds bone-in rib eye steak
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the steak with salt, pepper, Italian herb mix, and olive oil. Cover top

4) Grill for 45 minutes and flip the steak halfway through the Cooking Time.

Nutrition information:

Calories per serving: 481; Carbs:1.1 g; Protein: 50.9g; Fat: 30.3g

Roast Beef with Balsamic-Honey Sauce

Serves: 10

Cooking Time: 2 hours

Ingredients

- ½ cup balsamic vinegar
- ½ teaspoon red pepper flakes
- 1 cup beef organic beef broth
- 1 tablespoon coconut aminos
- 1 tablespoon honey
- 1 tablespoon Worcestershire sauce
- 3 pounds boneless roast beef
- 4 cloves of garlic, minced
- 4 tablespoons olive oil

Instructions

1) Place all ingredients in a baking dish and make sure that the entire surface c spices.

2) Place the baking dish with the bee in the air fryer. Close.

3) Cook for 2 hours at 400F.

Nutrition information:

Calories per serving: 325; Carbohydrates: 6.9g; Protein: 36.2g; Fat: 16.9g

Roast Beef with Buttered Garlic-Celery

Serves: 8

Cooking Time: 1 hour

Ingredients

- 1 bulb of garlic, peeled and crushed
- 1 tablespoon butter
- 2 medium onions, chopped
- 2 pounds topside of beef
- 2 sticks of celery, sliced
- 3 tablespoons olive oil
- A bunch of fresh herbs of your choice
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a baking dish that will fit in the air fryer, place all the ingredients and giv

3) Place the dish in the air fryer and bake for 1 hour at 350F.

Nutrition information:

Calories per serving: 243; Carbohydrates: 3.1g; Protein: 16.7g; Fat: 18.2g

Roasted Ribeye Steak with Rum

Serves: 4

Cooking Time: 50 minutes

Ingredients

- ½ cup rum
- 2 pounds bone-in ribeye steak
- 2 tablespoons extra virgin olive oil
- Salt and black pepper to taste

Instructions

1) Place all Ingredients in a Ziploc bag and allow to marinate in the fridge for

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill for 25 minutes per piece.

5) Halfway through the Cooking Time, flip the meat for even grilling.

Nutrition information:

Calories per serving: 390; Carbs: 0.1g; Protein: 48.9g; Fat: 21.5g

Saffron Spiced Rack of Lamb

Serves: 4

Cooking Time: 1 hour and 10 minutes

Ingredients

- ½ teaspoon crumbled saffron threads
- 1 cup plain Greek yogurt
- 1 teaspoon lemon zest
- 2 cloves of garlic, minced
- 2 racks of lamb, rib bones frenched
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the lamb meat with salt and pepper to taste. Set aside.

4) In a bowl, combine the rest of ingredients.

5) Brush the mixture onto the lamb.

6) Place on the grill pan and cook for 1 hour and 10 minutes.

Nutrition information:

Calories per serving: 1260; Carbs: 2g; Protein: 70g; Fat: 108g

Sage Sausage ‘n Chili-Hot Breakfast

Serves: 4

Cooking Time: 27 minutes

Ingredients

- 1 cup freshly grated sweet potato
- 1 cup Mexican blend shredded cheese
- 1 cup sage sausage
- 1 large Anaheim chili peppers, chopped
- 1 stalk scallions, diced
- 2 cups freshly grated white Yukon gold potatoes
- 4 jumbo eggs, boiled, peeled and mashed
- 6 strips of bacon
- Salt to taste

Instructions

1) Place bacon on baking pan of air fryer.

2) For 5 minutes, cook on 390oF. Remove bacon.

3) Add sausage and cook for 5 minutes at same temperature. Halfway through sausage and stir. Continue cooking.

4) Meanwhile crumble bacon.

5) Remove basket and toss the mixture a bit. Stir in bacon, shredded Yukon po to air fryer and cook for 4 minutes.

6) Meanwhile, in a medium bowl, whisk well eggs, chili peppers, and scallion

7) Remove basket, toss well mixture, sprinkle cheese evenly, and pour eggs.

8) Cook for another 13 minutes at 330oF.

9) Serve and enjoy.

Nutrition information:

Calories per Serving: 295; Carbs: 19.1g; Protein: 17.7g; Fat: 17.3g

Salt and Pepper Pork Chinese Style

Serves: 4

Cooking Time: 25 minutes

Ingredients

- ½ teaspoon sea salt
- ¾ cup potato starch
- 1 egg white, beaten
- 1 red bell pepper, chopped
- 1 teaspoon Chinese five-spice powder
- 1 teaspoon sesame oil
- 2 green bell peppers, chopped
- 2 tablespoons toasted sesame seeds
- 4 pork chops

Instructions

1) Preheat the air fryer to 330F.

2) Season the pork chops with salt and five spice powder.

3) Dip in egg white and dredge in potato starch.

4) Place in the air fryer basket and cook for 25 minutes.

5) Meanwhile, heat oil in a skillet and stir-fry the bell peppers.

6) Serve the bell peppers on top of pork chops and garnish with sesame seeds.

Nutrition information:

Calories per serving: 394; Carbs: 9.3g; Protein: 43.1g; Fat: 20.5g

Salted ‘n Peppered Scored Beef Chuck

Serves: 6

Cooking Time: 1 hour and 30 minutes

Ingredients

- 2 ounces black peppercorns
- 2 tablespoons olive oil
- 3 pounds beef chuck roll, scored with knife
- 3 tablespoons salt

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the beef chuck roll with black peppercorns and salt.

4) Brush with olive oil and cover top with foil.

5) Grill for 1 hour and 30 minutes.

6) Flip the beef every 30 minutes for even grilling on all sides.

Nutrition information:

Calories per serving: 360; Carbs: 1.4g; Protein: 46.7g; Fat: 18g

Salted Corned Beef with Onions

Serves: 12

Cooking Time: 50 minutes

Ingredients

- 1 large onion, chopped
- 2 tablespoons Dijon mustard
- 3 pounds corned beef brisket, cut into chunks
- 4 cups water
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes

2) Place all ingredients in a baking dish that will fit in the air fryer.

3) Cook for 50 minutes at 400F.

Nutrition information:

Calories per serving: 241; Carbohydrates: 1.5g; Protein: 15.2g; Fat:19.3g

Salted Porterhouse with Sage ‘n Thyme Medley

Serves: 2

Cooking Time: 40 minutes

Ingredients

- ¼ cup fish sauce
- 2 porterhouse steaks
- 2 tablespoons marjoram
- 2 tablespoons sage
- 2 tablespoons thyme
- Salt and pepper to taste

Instructions

1) Place all ingredients in a Ziploc bag and allow to marinate in the fridge for

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill for 20 minutes per batch.

5) Flip every 10 minutes for even grilling.

Nutrition information:

Calories per serving: 1189; Carbs: 6.3g; Protein: 112.5g; Fat: 79.3g

Salted Steak Pan Fried Steak

Serves: 1

Cooking Time: 15 minutes

Ingredients

- 1-pound beef steak, bones removed
- 3 tablespoons coconut oil
- A dash of oregano
- Salt and pepper to taste

Instructions

1) Place all ingredients in a Ziploc bag and allow to marinate in the fridge for

2) Preheat the air fryer.

3) Place the steak in the air fryer and cook for 15 minutes at 400F.

Nutrition information:

Calories per serving: 1151; Carbohydrates: 4.2g; Protein: 65.9g; Fat: 96.7g

Sausage ‘n Cauliflower Frittata

Serves: 3

Cooking Time: 27 minutes

Ingredients

- 1-pound hot pork sausage, diced
- ½ cup shredded Cheddar cheese
- 1 teaspoons salt
- ½ cup milk
- 1 small cauliflower, riced
- 3 large eggs
- 1/2 (30 ounce) package frozen hash brown potatoes, thawed
- 1/2 teaspoon ground black pepper

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. And add diced sa
360oF.

2) Add hash brown and riced cauliflower. Cook for another 5 minutes.

3) Meanwhile, whisk well eggs, salt, pepper, and milk.

4) Remove basket and toss the mixture a bit. Evenly spread cheese and pour e

5) Cook for another 12 minutes or until set

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 612; Carbs: 33.4g; Protein: 49.2g; Fat: 44.6g

Sausage ‘n Rice Bake from Mexico

Serves: 4

Cooking Time: 45 minutes

Ingredients

- 1/2-pound ground pork breakfast sausage
- 1/2 (16 ounce) jar picante sauce
- 1/2 (8 ounce) container sour cream
- 1-1/3 cups water
- 1/4-pound Cheddar cheese, shredded
- 2/3 cup uncooked long grain white rice

Instructions

1) Ring water to a boil in a saucepan and stir in rice. Cover and simmer for 20 absorbed. Turn off fire and fluff rice.

2) Lightly grease baking pan of air fryer with cooking spray. Add sausage and Halfway through Cooking Time, crumble and stir sausage.

3) Stir in cooked rice, sour cream, and picante sauce. Mix well. Sprinkle chees

4) Cook for 15 minutes at 390oF until tops are lightly browned.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 452; Carbs: 31.0g; Protein: 18.9g; Fat: 28.0g

Scallion Sauce on Lemongrass-Chili Marinated Tri-Tip

Serves: 4

Cooking Time: 20 minutes

Ingredients

- 1 cup canned unsweetened coconut milk
- 2 tablespoons packed light brown sugar
- 1 tablespoon fresh lime juice
- 6 garlic cloves
- 4 red or green Thai chiles, stemmed
- 2 lemongrass stalks, bottom third only, tough outer layers removed
- 1-pound tri-tip fat cap left on, cut into 1-inch cubes
- 1 1 1/2" piece ginger, peeled
- 1/4 cup fish sauce

Scallion Dip
Ingredients

- 15 scallions, very thinly sliced
- 3 tablespoons grapeseed oil
- 2 tablespoons black vinegar
- 2 tablespoons toasted sesame seeds
- 1/4 cup fish sauce

Basting Sauce
Ingredients

- 1 1/2 tablespoons fresh lime juice
- 1/2 cup canned unsweetened coconut milk
- 2 garlic cloves, crushed
- 3 tablespoons fish sauce

Instructions

1) Except for meat, puree all Ingredients in a blender. Transfer into a bowl and in the ref.

2) In a medium bowl, mix well all scallion dip Ingredients and set aside.

3) In a separate bowl mix all basting sauce Ingredients.

4) Thread meat into skewers and place on skewer rack in air fryer. Baste with

5) Cook for 10 minutes at 390oF or to desired doneness. Halfway through Cook Time, baste and turnover skewers.

6) Serve and enjoy with the dip on the side.

Nutrition information:

Calories per Serving: 579; Carbs: 15.3g; Protein: 32.0g; Fat: 43.3g

Seasoned Ham ‘n Mushroom Egg Bake

Serves: 2

Cooking Time: 8 minutes

Ingredients

- 2 eggs
- Pinch of salt
- ½ cup ham, diced
- 2 mushrooms, sliced
- 1 stalk green onions, chopped
- 1 teaspoon McCormick Good Morning Breakfast Seasoning – Garden Herb
- 1/4 cup milk
- 1/4 cup shredded cheese

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Spread ham on b and cheese.

2) In a bowl, whisk eggs well. Season with salt and McCormick. Add milk an air fryer pan.

3) For 8 minutes, cook on 330oF.

4) Sprinkle green onions and let it rest for a minute or two.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 209; Carbs: 3.5g; Protein: 21.5g; Fat: 12.1g

Shepherd’s Pie Made of Ground Lamb

Serves: 4

Cooking Time: 50 minutes

Ingredients

- 1-pound lean ground lamb
- 2 tablespoons and 2 teaspoons all-purpose flour
- salt and ground black pepper to taste
- 1 teaspoon minced fresh rosemary
- 2 tablespoons cream cheese
- 2 ounces Irish cheese (such as Dubliner®), shredded
- salt and ground black pepper to taste
- 1 tablespoon milk
- 1-1/2 teaspoons olive oil
- 1-1/2 teaspoons butter
- 1/2 onion, diced
- 1/2 teaspoon paprika
- 1-1/2 teaspoons ketchup
- 1-1/2 cloves garlic, minced
- 1/2 (12 ounce) package frozen peas and carrots, thawed
- 1-1/2 teaspoons butter
- 1/2 pinch ground cayenne pepper
- 1/2 egg yolk
- 1-1/4 cups water, or as needed
- 1-1/4 pounds Yukon Gold potatoes, peeled and halved
- 1/8 teaspoon ground cinnamon

Instructions

1) Bring a large pan of salted water to boil and add potatoes. Simmer for 15 m

2) Meanwhile, lightly grease baking pan of air fryer with butter. Melt for 2 mi

3) Add ground lamb and onion. Cook for 10 minutes, stirring and crumbling h
Time.

4) Add garlic, ketchup, cinnamon, paprika, rosemary, black pepper, salt, and f
minutes.

5) Add water and deglaze pan. Continue cooking for 6 minutes.

6) Stir in carrots and peas. Evenly spread mixture in pan.

7) Once potatoes are done, drain well and transfer potatoes to a bowl. Mash po
cream cheese, cayenne pepper, and butter. Mix well. Season with pepper and s

8) In a small bowl, whisk well milk and egg yolk. Stir into mashed potatoes.

9) Top the ground lamb mixture with mashed potatoes.

10) Cook for another 15 minutes or until tops of potatoes are lightly browned.

11) Serve and enjoy.

Nutrition information:

Calories per Serving: 485; Carbs: 28.3g; Protein: 29.2g; Fat: 28.3g

Sherry ‘n Soy Garlicky Steak

Serves: 3

Cooking Time: 50 minutes

Ingredients

- 1 tablespoon brown sugar
- ½ teaspoon dry mustard
- 1 clove of garlic, minced
- 1 ½ pounds beef top round steak
- 2 green onions, chopped
- 1/3 cup soy sauce
- 1/3 cup dry sherry

Instructions

1) Place all ingredients except for the green onions in a Ziploc bag and allow t
2 hours.

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer. Add meat and cover top with f

4) Grill for 50 minutes.

5) Halfway through the Cooking Time, flip the meat for even grilling.

6) Meanwhile, pour the marinade into a saucepan and simmer for 10 minutes u

7) Baste the meat with the sauce and garnish with green onions before serving

Nutrition information:

Calories per serving: 170; Carbs: 3g; Protein: 28g; Fat: 5g

Simple Garlic ‘n Herb Meatballs

Serves: 4

Cooking Time: 20 minutes

Ingredients

- 1 clove of garlic, minced
- 1 egg, beaten
- 1 tablespoon breadcrumbs or flour
- 1 teaspoon dried mixed herbs
- 1-pound lean ground beef

Instructions

1) Place all Ingredients in a mixing bowl and mix together using your hands.

2) Form small balls using your hands and set aside in the fridge to set.

3) Preheat the air fryer to 390F.

4) Place the meatballs in the air fryer basket and cook for 20 minutes.

5) Halfway through the Cooking
Time, give the meatballs a shake to cook evenly.

Nutrition information:

Calories per serving: 599; Carbs: 16.7g; Protein: 54.9g; Fat: 34.7g

Simple Herbs de Provence Pork Loin Roast

Serves: 4

Cooking Time: 35 minutes

Ingredients

- 4 pounds pork loin
- A pinch of garlic salt
- A pinch of herbs de Provence

Instructions

1) Preheat the air fryer to 330F.

2) Season pork with the garlic salt and herbs,

3) Place in the air fryer grill pan.

4) Cook for 30 to 35 minutes.

Nutrition information:

Calories per serving: 922; Carbs: 0.9g; Protein: 116.7g; Fat: 50.2g

Simple Lamb BBQ with Herbed Salt

Serves: 8

Cooking Time: 1 hour 20 minutes

Ingredients

- 2 ½ tablespoons herb salt
- 2 tablespoons olive oil
- 4 pounds boneless leg of lamb, cut into 2-inch chunks

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the meat with the herb salt and brush with olive oil.

4) Grill the meat for 20 minutes per batch.

5) Make sure to flip the meat every 10 minutes for even cooking.

Nutrition information:

Calories per serving: 347; Carbs: 0g; Protein: 46.6g; Fat: 17.8g

Simple Salt and Pepper Skirt Steak

Serves: 3

Cooking Time: 30 minutes

Ingredients

- 1 ½ pounds skirt steak
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the skirt steak with salt and pepper.

4) Place on the grill pan and cook for 15 minutes per batch.

5) Flip the meat halfway through the Cooking Time.

Nutrition information:

Calories per serving: 469; Carbs: 1g; Protein: 60g; Fat: 25g

Sirloin with Yogurt ‘n Curry-Paprika

Serves: 3

Cooking Time: 25 minutes

Ingredients

- ¼ cup mint, chopped
- ½ cup low-fat yogurt
- 1 ½ pounds boneless beef top loin steak
- 2 teaspoons curry powder
- 2 teaspoons paprika
- 3 tablespoons lemon juice
- 6 cloves of garlic, minced
- Salt and pepper to taste

Instructions

1) Place all Ingredients except for the green onions in a Ziploc bag and allow t
2 hours.

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill for 25 to 30 minutes.

5) Flip the steaks halfway through the Cooking Time for even grilling.

Nutrition information:

Calories per serving: 596; Carbs: 8.9g; Protein: 70.5g; Fat: 30.9g

Skirt Steak BBQ Recipe from Korea

Serves: 1

Cooking Time: 30 minutes

Ingredients

- 1 skirt steak, halved
- 3 tablespoons gochujang sauce
- 3 tablespoons olive oil
- 3 tablespoons rice vinegar
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Rub all spices and seasonings on the skirt steak.

4) Place on the grill and cook for 15 minutes per batch.

5) Flip the steak halfway through the Cooking Time.

6) Serve with more gochujang or kimchi.

Nutrition information:

Calories per serving: 467; Carbs: 8.3g; Protein:9.3 g; Fat: 44g

Smoked Brisket with Dill Pickles

Serves: 6

Cooking Time: 1 hour

Ingredients

- ¼ teaspoon liquid smoke
- 1 cup dill pickles
- 3 pounds flat-cut brisket
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the brisket with liquid smoke, salt, and pepper.

4) Place on the grill pan and cook for 30 minutes per batch.

5) Flip the meat halfway through Cooking Time for even grilling.

6) Serve with dill pickles.

Nutrition information:

Calories per serving: 309; Carbs: 1.2g; Protein: 49g; Fat:12 g

Smoked Sausage ‘n Shrimp Jambalaya

Serves: 4

Cooking Time: 40 minutes

Ingredients

- salt to taste
- 1 cup chicken broth
- 1/2 pound peeled and deveined medium shrimp (30-40 per pound)
- 1-1/2 teaspoons olive oil
- 1/2 large onion, chopped
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped celery
- 1/2 cup uncooked white rice
- 1-1/2 teaspoons minced garlic
- 1-1/2 bay leaves
- 1/4-pound smoked sausage (such as Conecuh©), cut into 1/4-inch thick slices
- 1/4 teaspoon Cajun seasoning, or to taste
- 1/8 teaspoon dried thyme leaves
- 1/2 (14.5 ounce) can diced tomatoes with juice

Instructions

1) Lightly grease baking pan of air fryer with olive oil. Add sausage and for 5 Cajun seasoning, salt, celery, bell pepper, and onion. Cook for another 5 minu

2) Add the rice and mix well. Stir in thyme leaves, bay leaves, chicken broth, tomatoes with juice. Cover with foil.

3) Cook for another 15 minutes.

4) Remove foil, stir in shrimp. Cook for 8 minutes.

5) Let it stand for 5 minutes.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 276; Carbs: 24.6g; Protein: 18.4g; Fat: 11.5g

Sriracha-Hoisin Glazed Grilled Beef

Serves: 5

Cooking Time: 16 minutes

Ingredients

- 1-pound flank steak, sliced at an angle 1” x ¼” thick
- 1 tablespoon lime juice
- 1 chopped green onions
- 1-1/2 teaspoons honey
- 1/2 clove garlic, minced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon peeled and grated fresh ginger root
- 1/2 teaspoon sesame oil (optional)
- 1/2 teaspoon chile-garlic sauce (such as Sriracha®)
- 1-1/2 teaspoons toasted sesame seeds
- 1/4 cup hoisin sauce
- 1/4 teaspoon crushed red pepper flakes
- 1/8 teaspoon ground black pepper

Instructions

1) In a shallow dish, mix well pepper, red pepper flakes, chile-garlic sauce, sesame oil, ginger, salt, honey, lime.juice, and hoisin sauce. Add

2) Thread steak in skewers. Place on skewer rack in air fryer.

3) For 8 minutes, cook on 360oF. If needed, cook in batches.

4) Serve and enjoy with a drizzle of green onions and sesame seeds.

Nutrition information:

Calories per Serving: 123; Carbs: 8.3g; Protein: 11.7g; Fat: 4.7g

Tasty Beef Pot Pie

Serves: 6

Cooking Time: 30 minutes

Ingredients

- 1 cup almond flour
- 1 green bell pepper, julienned
- 1 onion, chopped
- 1 red bell pepper, julienned
- 1 tablespoon butter
- 1 yellow bell pepper, julienned
- 1-pound ground beef
- 2 beaten eggs
- 2 cloves of garlic, minced
- 4 tablespoons coconut oil
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a baking dish that will fit in the air fryer, combine the first 9 ingredients.

3) In a mixing bowl, mix the almond flour and eggs to create a dough.

4) Press the dough over the beef mixture.

5) Place in the air fryer and cook for 30 minutes at 350F.

Nutrition information:

Calories per serving: 363; Carbohydrates: 5.3g; Protein: 21.3g; Fat: 28.5g

Tasty Stuffed Gyoza

Serves: 4

Cooking Time: 20 minutes

Ingredients

- ¼ cup chopped onion
- ¼ teaspoon ground cumin
- ¼ teaspoon paprika
- ½ cup chopped tomatoes
- 1 egg, beaten
- 1 tablespoon olive oil
- 1/8 teaspoon ground cinnamon
- 2 teaspoons chopped garlic
- 3 ounces chopped cremini mushrooms
- 3 ounces lean ground beef
- 6 pitted green olives, chopped
- 8 gyoza wrappers

Instructions

1) Heat oil in a skillet over medium flame and stir in the beef for 3 minutes. A fragrant. Stir in the mushrooms, olives, paprika, cumin, cinnamon, and tomato

2) Close the lid and allow to simmer for 5 minutes. Allow to cool before maki

3) Place the meat mixture in the middle of the gyoza wrapper. Fold the gyoza brushing with the egg mixture.

4) Preheat the air fryer to 390F.

5) Place the grill pan accessory.

6) Place the prepared empanada on the grill pan accessory.

7) Cook for 10 minutes.

8) Flip the empanadas halfway through the Cooking Time.

Nutrition information:

Calories per serving: 339; Carbs: 25g; Protein: 17g; Fat: 19g

Tomato Salsa Topped Grilled Flank Steak

Serves: 4

Cooking Time: 40 minutes

Ingredients

- ¼ cup chopped cilantro
- 1 ½ pounds flank steak, pounded
- 1 red onion, chopped
- 1 teaspoon coriander powder
- 2 cups chopped tomatoes
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the flank steak with salt and pepper.

4) Grill for 20 minutes per batch and make sure to flip the beef halfway throug
Time.

5) Meanwhile, prepare the salsa by mixing in a bowl the tomatoes, cilantro, or
more salt and pepper to taste.

Nutrition information:

Calories per serving: 243; Carbs: 4g; Protein: 37.4g; Fat: 8.6g

Top Loin Beef Strips with Blue Cheese

Serves: 4

Cooking Time: 50 minutes

Ingredients

- 1 tablespoon pine nuts, toasted
- 2 pounds crumbled blue cheese
- 2 tablespoons butter, softened
- 2 tablespoons cream cheese
- 4 boneless beef top loin steaks
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the beef with salt and pepper. Brush all sides with butter.

4) Grill for 25 minutes per batch making sure to flip halfway through the Cool Time.

5) Slice the beef and serve with blue cheese, cream cheese and pine nuts.

Nutrition information:

Calories per serving: 682; Carbs: 1g; Protein: 75g; Fat: 42g

Top Round Roast with Mustard-Rosemary-Thyme Blend

Serves: 10

Cooking Time: 1 hour

Ingredients

- 1 teaspoon dry mustard
- 2 teaspoons dried rosemary
- 3 tablespoons olive oil
- 4 pounds beef top round roast
- 4 teaspoons dried oregano
- 4 teaspoons dried thyme
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Place all ingredients in a baking dish that will fit in the air fryer.

3) Place the dish in the air fryer and cook for 1 hour at 325F.

Nutrition information:

Calories per serving: 334; Carbohydrates: 0.8g; Protein: 32.9g; Fat: 22.1g

Traditional Beef ‘n Tomato Stew

Serves: 4

Cooking Time: 40 minutes

Ingredients

- 2 tablespoons quick-cooking tapioca
- 1 teaspoon sugar
- 1 teaspoons salt
- 1-pound beef stew meat, cut into 1-inch cubes
- 2 medium carrots, cut into 1-inch chunks
- 1 large potato, peeled and quartered
- 1 small onion, cut into chunks
- 1 slice bread, cubed
- 1/2 can (14-1/2 ounces) diced tomatoes, undrained
- 1/2 cup water
- 1/2 teaspoon pepper
- 1 celery rib, cut into 3/4-inch chunks

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add all Ingredie

2) Cover pan with foil.

3) For 25 minutes, cook on 390oF. Halfway through Cooking Time, stir.

4) Remove foil, stir well, and cook for 15 minutes at 330oF.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 296; Carbs: 31.0g; Protein: 25.0g; Fat: 8.0g

Traditional Beefy Spaghetti

Serves: 4

Cooking Time: 40 minutes

Ingredients

- 8- ounce spaghetti, cooked according to manufacturer's Instructions
- 1 egg
- 3 tablespoons grated Parmesan cheese
- 3 tablespoons butter, melted
- 1 cup small curd cottage cheese, divided
- 2 cups shredded mozzarella cheese, divided
- 1/2-pound ground beef
- 1/2 onion, chopped
- 1/2 (32 ounce) jar meatless spaghetti sauce
- 1/4 teaspoon seasoned salt

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add ground beef on 360oF. Crumble and mix well halfway through Cooking Time. Discard excess fat.

2) Mix in seasoned salt and spaghetti sauce. Mix well and transfer to a bowl.

3) In a large bowl, whisk well butter, parmesan cheese, and eggs.

4) In same air fryer baking pan, spread evenly half of the pasta, add half the sp the mozzarella and cottage cheese. Repeat layering.

5) Cover pan with foil.

6) Cook for another 20 minutes, remove foil and cook for another 10 minutes.

7) Serve and enjoy.

Nutrition information:

Calories per Serving: 720; Carbs: 61.9g; Protein: 42.5g; Fat: 33.6g

Tri-Tip in Agave Nectar & Red Wine Marinade

Serves: 4

Cooking Time: 40 minutes

Ingredients

- ¼ cup red wine
- 1 tablespoon agave nectar
- 1 tablespoon smoked paprika
- 2 cloves of garlic, minced
- 2 cups chopped parsley
- 2 pounds tri-tip steak, pounded
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) Place all ingredients in a Ziploc bag and allow to marinate for at least an ho

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the meat for 40 minutes making sure to flip the meat every 10 minutes

Nutrition information:

Calories per serving: 667; Carbs: 4.4g; Protein: 69.3g; Fat: 41.3g

Tri-Tip Skewers Hungarian Style

Serves: 3

Cooking Time: 12 minutes

Ingredients

- 1-lb beef tri-tip, sliced to 2-inch cubes
- 2 smashed garlic cloves
- a pinch of salt
- 2 teaspoons crushed caraway seeds
- 1 medium red onion, sliced into quarters
- 1 medium bell pepper seeded and cut into chunks
- 1/2 cup olive oil
- 1/2 teaspoon paprika

Instructions

1) In a shallow dish, mix well all Ingredients except for bell pepper and onion
ref for 3 hours.

2) Thread beef, onion, and bell pepper pieces in skewers. Place on skewer racl

3) For 12 minutes, cook on 360oF. Halfway through Cooking.Time, turnover

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 530; Carbs: 3.3g; Protein: 33.1g; Fat: 42.7g

Very Tasty Herbed Burgers

Serves: 4

Cooking Time: 25 minutes

Ingredients

- ¼ cup grated cheddar cheese
- ½ pound minced pork or beef
- 1 onion, chopped
- 1 tablespoon basil
- 1 teaspoon minced garlic
- 1 teaspoon mixed herbs
- 1 teaspoon mustard
- 1 teaspoon tomato puree
- 4 bread buns
- Mixed greens
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) In a mixing bowl, combine the pork, onion, garlic, tomato puree, mustard, b

4) Form four patties using your hands.

5) Place on the grill pan accessory.

6) Cook for 25 minutes. Flip the burgers halfway through the Cooking Time.

7) Serve patties on bread buns and top with cheese and mixed greens.

Nutrition information:

Calories per serving: 548; Carbs: 24.4g; Protein: 16.1g; Fat: 42.8g

Air Fryer Poultry Recipes

Air Fried Chicken Tenderloin

Serves: 8

Cooking Time: 15 minutes

Ingredients

- ½ cup almond flour
- 1 egg, beaten
- 2 tablespoons coconut oil
- 8 chicken tenderloins
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Season the chicken tenderloin with salt and pepper to taste.

3) Soak in beaten eggs then dredge in almond flour.

4) Place in the air fryer and brush with coconut oil.

5) Cook for 15 minutes at 3750F.

6) Halfway through the Cooking
Time, give the fryer basket a shake to cook evenly.

Nutrition information:

Calories per serving: 130.3; Carbohydrates: 0.7g; Protein:8.7 g; Fat:10.3 g

Almond Flour Battered Chicken Cordon Bleu

Serves: 1

Cooking Time: 30 minutes

Ingredients

- ¼ cup almond flour
- 1 slice cheddar cheese
- 1 slice of ham
- 1 small egg, beaten
- 1 teaspoon parsley
- 2 chicken breasts, butterflied
- Salt and pepper to taste

Instructions

1) Season the chicken with parsley, salt and pepper to taste.

2) Place the cheese and ham in the middle of the chicken and roll. Secure with

3) Soak the rolled-up chicken in egg and dredge in almond flour.

4) Place in the air fryer.

5) Cook for 30 minutes at 350F.

Nutrition information:

Calories per serving: 1142; Carbohydrates: 5.5g; Protein: 79.4g; Fat: 89.1g

Almond Flour Coco-Milk Battered Chicken

Serves: 4

Cooking Time: 30 minutes

Ingredients

- ¼ cup coconut milk
- ½ cup almond flour
- 1 ½ tablespoons old bay Cajun seasoning
- 1 egg, beaten
- 4 small chicken thighs
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Mix the egg and coconut milk in a bowl.

3) Soak the chicken thighs in the beaten egg mixture.

4) In a mixing bowl, combine the almond flour, Cajun seasoning, salt and pep

5) Dredge the chicken thighs in the almond flour mixture.

6) Place in the air fryer basket.

7) Cook for 30 minutes at 350F.

Nutrition information:

Calories per serving: 590; Carbohydrates: 3.2g; Protein:32.5 g; Fat: 38.6g

Bacon ‘n Egg-Substitute Bake

Serves: 4

Cooking Time: 35 minutes

Ingredients

- 1 (6 ounce) package Canadian bacon, quartered
- 1/2 cup 2% milk
- 1/4 teaspoon ground mustard
- 1/4 teaspoon salt
- 2 cups shredded Cheddar-Monterey Jack cheese blend
- 3/4 cup and 2 tablespoons egg substitute (such as Egg Beaters® Southwest
- 4 frozen hash brown patties

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) Evenly spread hash brown patties on bottom of pan. Top evenly with bacon

3) In a bowl, whisk well mustard, salt, milk, and egg substitute. Pour over bac

4) Cover air fryer baking pan with foil.

5) Preheat air fryer to 330oF.

6) Cook for another 20 minutes, remove foil and continue cooking for another

7) Serve and enjoy.

Nutrition information:

Calories per Serving: 459; Carbs: 21.0g; Protein: 29.4g; Fat: 28.5g

Baked Rice, Black Bean and Cheese

Serves: 4

Cooking Time: 62 minutes

Ingredients

- 1 cooked skinless boneless chicken breast halves, chopped
- 1 cup shredded Swiss cheese
- 1/2 (15 ounce) can black beans, drained
- 1/2 (4 ounce) can diced green chile peppers, drained
- 1/2 cup vegetable broth
- 1/2 medium zucchini, thinly sliced
- 1/4 cup sliced mushrooms
- 1/4 teaspoon cumin
- 1-1/2 teaspoons olive oil
- 2 tablespoons and 2 teaspoons diced onion
- 3 tablespoons brown rice
- 3 tablespoons shredded carrots
- ground cayenne pepper to taste
- salt to taste

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add rice and bro minutes and transfer to a bowl and set aside.

2) Add oil to same baking pan. Stir in onion and cook for 5 minutes at 330oF.

3) Stir in mushrooms, chicken, and zucchini. Mix well and cook for 5 minutes

4) Stir in cayenne pepper, salt, and cumin. Mix well and cook for another 2 mi

5) Stir in ½ of the Swiss cheese, carrots, chiles, beans, and rice. Toss well to n with remaining cheese.

6) Cover pan with foil.

7) Cook for 15 minutes at 390oF and then remove foil and cook for another 5 lightly browned.

8) Serve and enjoy.

Nutrition information:

Calories per Serving: 337; Carbs: 11.5g; Protein: 25.3g; Fat: 21.0g

Basil-Garlic Breaded Chicken Bake

Serves: 2

Cooking Time: 28 minutes

Ingredients

- 2 boneless skinless chicken breast halves (4 ounces each)
- 1 tablespoon butter, melted
- 1 large tomato, seeded and chopped
- 2 garlic cloves, minced
- 1 1/2 tablespoons minced fresh basil
- 1/2 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 cup all-purpose flour
- 1/4 cup egg substitute
- 1/4 cup grated Parmesan cheese
- 1/4 cup dry bread crumbs
- 1/4 teaspoon pepper

Instructions

1) In shallow bowl, whisk well egg substitute and place flour in a separate bov and then flour. In small bowl whisk well butter, bread crumbs and cheese. Spr

2) Lightly grease baking pan of air fryer with cooking spray. Place breaded ch with foil.

3) For 20 minutes, cook on 390oF.

4) Meanwhile, in a bowl whisk well remaining ingredient.

5) Remove foil from pan and then pour over chicken the remaining Ingredient

6) Cook for 8 minutes.

7) Serve and enjoy.

Nutrition information:

Calories per Serving: 311; Carbs: 22.0g; Protein: 31.0g; Fat: 11.0g

BBQ Chicken Recipe from Greece

Serves: 4

Cooking Time: 24 minutes

Ingredients

- 1 (8 ounce) container fat-free plain yogurt
- 2 tablespoons fresh lemon juice
- 2 teaspoons dried oregano
- 1-pound skinless, boneless chicken breast halves - cut into 1-inch pieces
- 1 large red onion, cut into wedges
- 1/2 teaspoon lemon zest
- 1/2 teaspoon salt
- 1 large green bell pepper, cut into 1 1/2-inch pieces
- 1/3 cup crumbled feta cheese with basil and sun-dried tomatoes
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed dried rosemary

Instructions

1) In a shallow dish, mix well rosemary, pepper, salt, oregano, lemon juice, le

Add chicken and toss well to coat. Marinate in the ref for 3 hours.

2) Thread bell pepper, onion, and chicken pieces in skewers. Place on skewer

3) For 12 minutes, cook on 360oF. Halfway through Cooking.Time, turnover

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 242; Carbs: 12.3g; Protein: 31.0g; Fat: 7.5g

BBQ Pineapple ‘n Teriyaki Glazed Chicken

Serves: 4

Cooking Time: 23 minutes

Ingredients

- ¼ cup pineapple juice
- ¼ teaspoon pepper
- ½ cup brown sugar
- ½ cup soy sauce
- ½ teaspoon salt
- 1 green bell pepper, cut into 1-inch cubes
- 1 red bell pepper, cut into 1-inch cubes
- 1 red onion, cut into 1-inch cubes
- 1 Tablespoon cornstarch
- 1 Tablespoon water
- 1 yellow red bell pepper, cut into 1-inch cubes
- 2 boneless skinless chicken breasts, cut into 1-inch cubes
- 2 cups fresh pineapple cut into 1-inch cubes
- 2 garlic cloves, minced
- green onions, for garnish

Instructions

1) In a saucepan, bring to a boil salt, pepper, garlic, pineapple juice, soy sauce thickened, around 3 minutes. Save ¼ cup of the sauce for basting and set aside

2) In shallow dish, mix well chicken and remaining thickened sauce. Toss wel half hour.

3) Thread bell pepper, onion, pineapple, and chicken pieces in skewers. Place

4) For 10 minutes, cook on 360oF. Halfway through Cooking.Time, turnover needed, cook in batches.

5) Serve and enjoy with a sprinkle of green onions.

Nutrition information:

Calories per Serving: 391; Carbs: 58.7g; Protein: 31.2g; Fat: 3.4g

BBQ Turkey Meatballs with Cranberry Sauce

Serves: 4

Cooking Time: 25 minutes

Ingredients

- 1 ½ tablespoons water
- 2 teaspoons cider vinegar
- 1 tsp salt and more to taste
- 1-pound ground turkey
- 1 1/2 tablespoons barbecue sauce
- 1/3 cup cranberry sauce
- 1/4-pound ground bacon

Instructions

1) In a bowl, mix well with hands the turkey, ground bacon and a tsp of salt. E balls.

2) In a small saucepan boil cranberry sauce, barbecue sauce, water, cider vine well and simmer for 3 minutes.

3) Thread meatballs in skewers and baste with cranberry sauce. Place on skew

4) For 15 minutes, cook on 360oF. Every after 5 minutes of Cooking.Time, tu sauce. If needed, cook in batches.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 217; Carbs: 11.5g; Protein: 28.0g; Fat: 10.9g

Blueberry Overload French Toast

Serves: 5

Cooking Time: 45 minutes

Ingredients

- 1 (8 ounce) package cream cheese, cut into 1-inch cubes
- 1 cup fresh blueberries, divided
- 1 cup milk
- 1 tablespoon cornstarch
- 1/2 cup water
- 1/2 cup white sugar
- 1/2 teaspoon vanilla extract
- 1-1/2 teaspoons butter
- 2 tablespoons and 2 teaspoons maple syrup
- 6 eggs, beaten
- 6 slices day-old bread, cut into 1-inch cubes

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) Evenly spread half of the bread on bottom of pan. Sprinkle evenly the crear

Add remaining bread on top.

3) In a large bowl, whisk well eggs, milk, syrup, and vanilla extract. Pour ove

4) Cover air fryer baking pan with foil and refrigerate overnight.

5) Preheat air fryer to 330oF.

6) Cook for 25 minutes covered in foil, remove foil and cook for another 20 m

7) Meanwhile, make the sauce by mixing cornstarch, water, and sugar in a sau
remaining blueberries and simmer until thickened and blueberries have burst.

8) Serve and enjoy with blueberry syrup.

Nutrition information:

Calories per Serving: 492; Carbs: 51.9g; Protein: 15.1g; Fat: 24.8g

Broccoli-Rice ‘n Chees Casserole

Serves: 4

Cooking Time: 28 minutes

Ingredients

- 1 (10 ounce) can chunk chicken, drained
- 1 cup uncooked instant rice
- 1 cup water
- 1/2 (10.75 ounce) can condensed cream of chicken soup
- 1/2 (10.75 ounce) can condensed cream of mushroom soup
- 1/2 cup milk
- 1/2 small white onion, chopped
- 1/2-pound processed cheese food
- 2 tablespoons butter
- 8-ounce frozen chopped broccoli

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add water and b
and cook for 3 minutes.

2) Stir in processed cheese, onion, broccoli, milk, butter, chicken soup, mushr

3) Cook for 15 minutes at 390oF, fluff mixture and continue cooking for anotl
browned.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 752; Carbs: 82.7g; Protein: 36.0g; Fat: 30.8g

Buffalo Style Chicken Dip

Serves: 4

Cooking Time: 20 minutes

Ingredients

- 1 (8 ounce) package cream cheese, softened
- 1 tablespoon shredded pepper Jack cheese
- 1/2 pinch cayenne pepper, for garnish
- 1/2 pinch cayenne pepper, or to taste
- 1/4 cup and 2 tablespoons hot pepper sauce (such as Frank's Reshoot®)
- 1/4 cup blue cheese dressing
- 1/4 cup crumbled blue cheese
- 1/4 cup shredded pepper Jack cheese
- 1/4 teaspoon seafood seasoning (such as Old Bay®)
- 1-1/2 cups diced cooked rotisserie chicken

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Mix in cayenne p
crumbled blue cheese, blue cheese dressing, pepper Jack, hot pepper sauce, cr

2) For 15 minutes, cook on 390oF.

3) Let it stand for 5 minutes and garnish with cayenne pepper.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 405; Carbs: 3.2g; Protein: 17.1g; Fat: 35.9g

Buttered Spinach-Egg Omelet

Serves: 4

Cooking Time: 15 minutes

Ingredients

- ¼ cup coconut milk
- 1 tablespoon melted butter
- 1-pound baby spinach, chopped finely
- 3 tablespoons olive oil
- 4 eggs, beaten
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a mixing bowl, combine the eggs, coconut milk, olive oil, and butter unti combined.

3) Add the spinach and season with salt and pepper to taste.

4) Pour all ingredients in a baking dish that will fit in the air fryer.

5) Bake at 350F for 15 minutes.

Nutrition information:

Calories per serving: 310; Carbohydrates: 3.6g; Protein: 13.6g; Fat: 26.8g

Caesar Marinated Grilled Chicken

Serves: 3

Cooking Time: 24 minutes

Ingredients

- ¼ cup crouton
- 1 teaspoon lemon zest. Form into ovals, skewer and grill.
- 1/2 cup Parmesan
- 1/4 cup breadcrumbs
- 1-pound ground chicken
- 2 tablespoons Caesar dressing and more for drizzling
- 2-4 romaine leaves

Instructions

1) In a shallow dish, mix well chicken, 2 tablespoons Caesar dressing, parmes with hands. Form into 1-inch oval patties.

2) Thread chicken pieces in skewers. Place on skewer rack in air fryer.

3) For 12 minutes, cook on 360oF. Halfway through Cooking.Time, turnover

4) Serve and enjoy on a bed of lettuce and sprinkle with croutons and extra dr

Nutrition information:

Calories per Serving: 339; Carbs: 9.5g; Protein: 32.6g; Fat: 18.9g

Cheese Stuffed Chicken

Serves: 4

Cooking Time: 30 minutes

Ingredients

- 1 tablespoon creole seasoning
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 4 chicken breasts, butterflied and pounded
- 4 slices Colby cheese
- 4 slices pepper jack cheese

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Create the dry rub by mixing in a bowl the creole seasoning, garlic powder, salt and pepper if desired.

4) Rub the seasoning on to the chicken.

5) Place the chicken on a working surface and place a slice each of pepper jac

6) Fold the chicken and secure the edges with toothpicks.

7) Brush chicken with olive oil.

8) Grill for 30 minutes and make sure to flip the meat every 10 minutes.

Nutrition information:

Calories per serving: 727; Carbs:5.4 g; Protein: 73.1g; Fat: 45.9g

Cheesy Potato, Broccoli ‘n Ham Bake

Serves: 3

Cooking Time: 35 minutes

Ingredients

- 1 1/2 tablespoon mayonnaise
- 1/3 cup canned condensed cream of mushroom soup
- 1/3 cup grated Parmesan cheese
- 1/3 cup milk
- 3/4 cup 3/cooked, cubed ham
- 6-ounce frozen chopped broccoli
- 6-ounce frozen French fries

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) Evenly spread French fries on bottom of pan. Place broccoli on top in a sin

3) In a bowl, whisk well mayonnaise, milk, and soup. Pour over fries mixture.

4) Sprinkle cheese and over pan with foil.

5) For 25 minutes, cook on 390oF. Remove foil and continue cooking for ano

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 511; Carbs: 34.7g; Protein: 22.8g; Fat: 31.2g

Cheesy Turkey-Rice with Broccoli

Serves: 4

Cooking Time: 40 minutes

Ingredients

- 1 cup cooked, chopped turkey meat
- 1 tablespoon and 1-1/2 teaspoons butter, melted
- 1/2 (10 ounce) package frozen broccoli, thawed
- 1/2 (7 ounce) package whole wheat crackers, crushed
- 1/2 cup shredded Cheddar cheese
- 1/2 cup uncooked white rice

Instructions

1) Bring to a boil 2 cups of water in a saucepan. Stir in rice and simmer for 20
aside.

2) Lightly grease baking pan of air fryer with cooking spray. Mix in cooked ri

Toss well to mix.

3) Mix well melted butter and crushed crackers in a small bowl. Evenly spread

4) For 20 minutes, cook on 360oF until tops are lightly browned.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 269; Carbs: 23.7g; Protein: 17.0g; Fat: 11.8g

Chestnuts ‘n Mushroom Chicken Casserole

Serves: 2

Cooking Time: 35 minutes

Ingredients

- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (4.5 ounce) can mushrooms, drained
- 1 1/2 teaspoons melted butter
- 1 cup shredded, cooked chicken meat
- 1/2 (8 ounce) can water chestnuts, drained (optional)
- 1/2 cup mayonnaise
- 1/2 teaspoon lemon juice
- 1/4 cup shredded Cheddar cheese
- 1/8 teaspoon curry powder
- 1-1/4 cups cooked chopped broccoli

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) Evenly spread broccoli on bottom of pan. Sprinkle chicken on top, followed mushrooms.

3) In a bowl, whisk well melted butter, curry powder, lemon juice, mayonnais mixture in pan. Cover pan with foil.

4) For 25 minutes, cook on 360oF.

5) Remove foil from pan and cook for another 10 minutes or until top is a gol

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 532; Carbs: 18.0g; Protein: 20.0g; Fat: 42.2g

Chicken BBQ on Kale Salad

Serves: 4

Cooking Time: 30 minutes

Ingredients

- ¼ cup Greek yogurt
- ¼ cup parmesan cheese, grated
- ½ cup cherry tomatoes, halved
- ½ teaspoon Worcestershire sauce
- 1 clove of garlic, minced
- 1 large bunch Tuscan kale, cleaned and torn
- 3 tablespoons extra virgin olive oil
- 4 large chicken breasts, pounded
- Juice from 2 lemons, divided
- Salt and pepper to taste

Instructions

1) Place all Ingredients in a bowl except for the kale and tomatoes. Allow to m hours.

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the chicken for 30 minutes.

5) Once cooked, slice the chicken and toss together with the kale and tomatoes

Nutrition information:

Calories per serving: 500; Carbs: 5.9g; Protein: 82.3g; Fat: 16.3g

Chicken BBQ Recipe from Italy

Serves: 2

Cooking Time: 40 minutes

Ingredients

- 1 tablespoon fresh Italian parsley
- 1 tablespoon minced garlic
- 1-pound boneless chicken breasts
- 2 tablespoons tomato paste
- Salt and pepper to taste

Instructions

1) Place all Ingredients in a Ziploc bag except for the corn. Allow to marinate

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the chicken for 40 minutes.

Nutrition information:

Calories per serving: 292; Carbs: 6.6g; Protein: 52.6g; Fat: 6.1g

Chicken BBQ Recipe from Peru

Serves: 4

Cooking Time: 40 minutes

Ingredients

- ½ teaspoon dried oregano
- 1 teaspoon paprika
- 1/3 cup soy sauce
- 2 ½ pounds chicken, quartered
- 2 tablespoons fresh lime juice
- 2 teaspoons ground cumin
- 5 cloves of garlic, minced

Instructions

1) Place all Ingredients in a Ziploc bag and shake to mix everything.

2) Allow to marinate for at least 2 hours in the fridge.

3) Preheat the air fryer to 390F.

4) Place the grill pan accessory in the air fryer.

5) Grill the chicken for 40 minutes making sure to flip the chicken every 10 m

Nutrition information:

Calories per serving: 377; Carbs: 7.9g; Protein: 59.7g; Fat: 11.8g

Chicken BBQ with Sweet ‘n Sour Sauce

Serves: 6

Cooking Time: 40 minutes

Ingredients

- ¼ cup minced garlic
- ¼ cup tomato paste
- ¾ cup minced onion
- ¾ cup sugar
- 1 cup soy sauce
- 1 cup water
- 1 cup white vinegar
- 6 chicken drumsticks
- Salt and pepper to taste

Instructions

1) Place all Ingredients in a Ziploc bag

2) Allow to marinate for at least 2 hours in the fridge.

3) Preheat the air fryer to 390F.

4) Place the grill pan accessory in the air fryer.

5) Grill the chicken for 40 minutes.

6) Flip the chicken every 10 minutes for even grilling.

7) Meanwhile, pour the marinade in a saucepan and heat over medium flame u

8) Before serving the chicken, brush with the glaze.

Nutrition information:

Calories per serving: 407; Carbs:29.6 g; Protein: 27.8g; Fat: 19.7g

Chicken Fry Recipe from the Mediterranean

Serves: 2

Cooking Time: 21 minutes

Ingredients

- 2 boneless skinless chicken breast halves (6 ounces each)
- 3 tablespoons olive oil
- 6 pitted Greek or ripe olives, sliced
- 2 tablespoons capers, drained
- 1/2-pint grape tomatoes
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) Add chicken and season with pepper and salt.

3) Brown for 3 minutes per side in preheated 390oF air fryer.

4) Stir in capers, olives, tomatoes, and oil.

5) Cook for 15 minutes at 330oF.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 330; Carbs: 6.0g; Protein: 36.0g; Fat: 18.0g

Chicken Grill Recipe from California

Serves: 4

Cooking Time: 40 minutes

Ingredients

- ¾ cup balsamic vinegar
- 1 teaspoon garlic powder
- 2 tablespoons extra virgin olive oil
- 2 tablespoons honey
- 2 teaspoons Italian seasoning
- 4 boneless chicken breasts
- 4 slices mozzarella
- 4 slices of avocado
- 4 slices tomato
- Balsamic vinegar for drizzling
- Salt and pepper to taste

Instructions

1) In a Ziploc bag, mix together the balsamic vinegar, garlic powder, honey, o pepper, and chicken. Allow to marinate in the fridge for at least 2 hours.

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Put the chicken on the grill and cook for 40 minutes.

5) Flip the chicken every 10 minutes to grill all sides evenly.

6) Serve the chicken with mozzarella, avocado, and tomato. Drizzle with balsa

Nutrition information:

Calories per serving: 853; Carbs: 43.2g; Protein:69.4 g; Fat: 44.7g

Chicken in Packets Southwest Style

Serves: 4

Cooking Time: 40 minutes

Ingredients

- 1 can black beans, rinsed and drained
- 1 cup cilantro, chopped
- 1 cup commercial salsa
- 1 cup corn kernels, frozen
- 1 cup Mexican cheese blend, shredded
- 4 chicken breasts
- 4 lime wedges
- 4 teaspoons taco seasoning
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) On a big aluminum foil, place the chicken breasts and season with salt and

4) Add the corn, commercial salsa beans, and taco seasoning.

5) Close the foil and crimp the edges.

6) Place on the grill pan and cook for 40 minutes.

7) Before serving, top with cheese, cilantro and lime wedges.

Nutrition information:

Calories per serving: 837; Carbs: 47.5g; Protein: 80.1g; Fat: 36.2g

Chicken Kebab with Aleppo ‘n Yogurt

Serves: 2

Cooking Time: 20 minutes

Ingredients

- 1 tablespoon Aleppo pepper
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon tomato paste
- 1 teaspoon coarse kosher salt
- 1 teaspoon freshly ground black pepper
- 3 garlic cloves, peeled, flattened
- 1-pound skinless boneless chicken (thighs and/ or breast halves), cut into 1 1/4-inch cubes
- 1 unpeeled lemon; 1/2 thinly sliced into rounds, 1/2 cut into wedges for ser
- 1/3 cup plain whole-milk Greek-style yogurt

Instructions

1) Mix all Ingredients in a bowl. Marinate in the ref for at least an hour.

2) Thread chicken in skewers and place in air fryer skewer rack.

3) For 10 minutes, cook on 360oF. Halfway through Cooking Time, turnover skewers.

4) Serve and enjoy with lemon wedges.

Nutrition information:

Calories per Serving: 336; Carbs: 7.0g; Protein: 53.6g; Fat: 10.4g

Chicken Meatballs with Miso-Ginger

Serves: 4

Cooking Time: 10 minutes

Ingredients

- 1 1/2 teaspoons white miso paste
- 1 large egg
- 1 teaspoon finely grated ginger
- 1/4 cup panko (Japanese breadcrumbs), or fresh breadcrumbs
- 1/4 teaspoon kosher salt
- 2 tablespoons sliced scallions
- 2 teaspoons low-sodium soy sauce
- 3/4-pound ground chicken

Instructions

1) In a medium bowl, whisk well soy sauce, miso paste, and ginger. Set aside.

2) In a large bowl, mix well with hands ground chicken, large egg, scallions, a sauce. Mix well.

3) Evenly divide into 12 balls. Thread into 4 skewers equally.

4) Place on skewer rack.

5) Cook for 2 minutes at 390oF. Baste with remaining sauce, turnover and coc with sauce on more time and cook for another minute.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 145; Carbs: 4.2g; Protein: 17.4g; Fat: 8.2g

Chicken Pot Pie with Coconut Milk

Serves: 8

Cooking Time: 30 minutes

Ingredients

- ¼ small onion, chopped
- ½ cup broccoli, chopped
- ¾ cup coconut milk
- 1 cup chicken broth
- 1/3 cup coconut flour
- 1-pound ground chicken
- 2 cloves of garlic, minced
- 2 tablespoons butter
- 4 ½ tablespoons butter, melted
- 4 eggs
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Place 2 tablespoons butter, broccoli, onion, garlic, coconut milk, chicken br baking dish that will fit in the air fryer. Season with salt and pepper to taste.

3) In a mixing bowl, combine the butter, coconut flour, and eggs.

4) Sprinkle evenly the top of the chicken and broccoli mixture with the coconu

5) Place the dish in the air fryer.

6) Cook for 30 minutes at 325F.

Nutrition information:

Calories per serving: 366; Carbohydrates: 3.4g; Protein: 21.8g; Fat: 29.5g

Chicken Roast with Pineapple Salsa

Serves: 2

Cooking Time: 45 minutes

Ingredients

- ¼ cup extra virgin olive oil
- ¼ cup freshly chopped cilantro
- 1 avocado, diced
- 1-pound boneless chicken breasts
- 2 cups canned pineapples
- 2 teaspoons honey
- Juice from 1 lime
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the chicken breasts with lime juice, olive oil, honey, salt, and peppe

4) Place on the grill pan and cook for 45 minutes.

5) Flip the chicken every 10 minutes to grill all sides evenly.

6) Once the chicken is cooked, serve with pineapples, cilantro, and avocado.

Nutrition information:

Calories per serving: 744; Carbs: 57.4g; Protein: 54.7g; Fat: 32.8g

Chicken Strips with Garlic, Onion ‘n Paprika Blend

Serves: 4

Cooking Time: 25 minutes

Ingredients

- ¼ cup vegetable oil
- 1 cup coconut milk
- 1 tablespoon cayenne pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1-pound chicken breast, cut into strips
- 2 cups almond flour
- 2 eggs
- 2 tablespoons paprika
- Salt and pepper to taste

Instructions

1) Season the chicken meat with salt and pepper to taste. Set aside.

2) In a mixing bowl, combine the eggs and coconut milk. Set aside.

3) In another bowl, mix the almond flour, paprika, garlic powder, and onion p

4) Soak the chicken meat in the egg mixture then dredge in the flour mixture.

5) Place in the air fryer basket.

6) Cook for 25 minutes at 350F.

7) Meanwhile, prepare the hot sauce by combining the cayenne pepper and ve

8) Drizzle over chicken once cooked.

Nutrition information:

Calories per serving: 539.7; Carbohydrates: 8.6g; Protein: 29.8g; Fat: 42.9g

Chicken Tikka Masala Kebab

Serves: 4

Cooking Time: 20 minutes

Ingredients

- 1 boneless, skinless chicken breast, cut into bite sized pieces
- 1 cup thick yogurt
- 1 medium bell pepper, cut into bite sized pieces
- 1 tbsp fresh ginger paste
- 1 tsp Garam masala
- 1 tsp turmeric powder
- 2 tbsp coriander powder
- 2 tbsp cumin powder
- 2 tbsp red chili powder
- 2 tsp olive oil
- 8 cherry tomatoes
- Salt to taste

Instructions

1) In a bowl, whisk well all Ingredients except for chicken breast, bell pepper, marinate for at least 30 minutes.

2) With 4 steel skewers, skewer a piece of chicken, bell pepper, chicken, cherı tomato and pepper. Repeat for remaining skewers.

3) Place skewer in skewer rack, for 10 minutes, cook on 390oF. Halfway throı Time, turnover skewer to cook evenly.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 273; Carbs: 17.4g; Protein: 20.3g; Fat: 13.5g

Chicken with Ginger-Cilantro Coconut Milk Marinade

Serves: 5

Cooking Time: 20 minutes

Ingredients

- ¼ cup cilantro leaves, chopped
- ½ cup coconut milk
- 1 tablespoon grated ginger
- 1 tablespoon minced garlic
- 1 teaspoon garam masala
- 1 teaspoon smoked paprika
- 1 teaspoon turmeric
- 1-pound chicken tenders, cut in half
- Salt and pepper to taste

Instructions

1) Place all ingredients in a bowl and stir to coat the chicken with all ingredier

2) Allow to marinate in the fridge for 2 hours.

3) Preheat the air fryer for 5 minutes.

4) Place the chicken pieces in the air fryer basket.

5) Cook for 20 minutes at 400F.

Nutrition information:

Calories per serving: 1198; Carbohydrates: 19.5g; Protein: 15.8g; Fat: 117.4g

Chicken with Peach Glaze

Serves: 4

Cooking Time: 40 minutes

Ingredients

- 1 jalapeno chopped
- 1 tablespoon chili powder
- 1 tablespoon minced garlic
- 1 tablespoons Dijon mustard
- 2 cups peach preserves
- 2 pounds chicken thighs
- 2 tablespoons soy sauce
- 3 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) Place all Ingredients in a Ziploc bag and allow to rest in the fridge for at lea

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill for 40 minutes while flipping the chicken every 10 minutes.

5) Meanwhile, pour the marinade in a saucepan and allow to simmer for 5 mir

6) Brush the chicken with the glaze before serving.

Nutrition information:

Calories per serving: 730; Carbs: 31.7g; Protein: 39.4g; Fat: 49.5g

Chicken-Parm, Broccoli ‘n Mushroom Bake

Serves: 2

Cooking Time: 40 minutes

Ingredients

- 1 (13.5 ounce) can spinach, drained
- 1 cup shredded mozzarella cheese
- 1/2 (10.75 ounce) can condensed cream of mushroom soup
- 1/3 cup bacon bits
- 1/4 cup grated Parmesan cheese
- 1/4 cup half-and-half
- 1-1/2 teaspoons Italian seasoning
- 1-1/2 teaspoons lemon juice
- 1-1/2 teaspoons minced garlic
- 2 ounces fresh mushrooms, sliced
- 2 skinless, boneless chicken breast halves
- 2 tablespoons butter

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add chicken brea
360oF. Halfway through Cooking.Time, turnover chicken breast. Once done, t

2) In same baking pan, melt butter. Stir in Parmesan cheese, half and half, Ital
lemon juice, and garlic. Mix well and cook for 5 minutes or until heated throu

3) Stir in spinach and chicken. Tope with bacon bits and mozzarella cheese.

4) Cook for 15 minutes at 390oF until tops are lightly browned.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 659; Carbs: 17.6g; Protein: 61.6g; Fat: 38.0g

Chicken-Penne Pesto

Serves: 3

Cooking Time: 25 minutes

Ingredients

- 1 cup shredded Italian cheese blend
- 1/3 cup milk
- 1/4 (15 ounce) can crushed tomatoes
- 1/4 (15 ounce) jar Alfredo sauce
- 1/4 (15 ounce) jar pesto sauce
- 1-1/2 cups cubed cooked chicken
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons seasoned bread crumbs
- 3/4 cup fresh baby spinach
- 3/4 teaspoon olive oil
- 4-ounce penne pasta, cooked according to manufacturer's Instructions

Instructions

1) In a small bowl, whisk well olive oil, Parmesan, and bread crumbs. Set asid

2) Lightly grease baking pan of air fryer with cooking spray. Mix in milk, pest
bread crumb mixture on top.

3) For 25 minutes, cook on 360oF until tops are lightly browned.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 729; Carbs: 40.7g; Protein: 45.4g; Fat: 47.2g

Chicken-Veggie Fusilli Casserole

Serves: 3

Cooking Time: 30 minutes

Ingredients

- 1 cup frozen mixed vegetables
- 1 tablespoon butter, melted
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon olive oil
- 1/2 (10.75 ounce) can condensed cream of chicken soup
- 1/2 (10.75 ounce) can condensed cream of mushroom soup
- 1/2 cup dry bread crumbs
- 1/2 cup dry fusilli pasta, cooked according to manufacturer's instructions
- 1-1/2 teaspoons dried basil
- 1-1/2 teaspoons dried minced onion
- 1-1/2 teaspoons dried parsley
- 3 chicken tenderloins, cut into chunks
- garlic powder to taste
- salt and pepper to taste

Instructions

1) Lightly grease baking pan of air fryer with olive oil. Add chicken. Season v pepper, salt, and minced onion.

2) For 10 minutes, cook on 360oF. Stir chicken halfway through Cooking Time.

3) Remove basket and toss the mixture a bit. Stir in mixed vegetables, cream c chicken soup, and cooked pasta. Mix well.

4) Mix melted butter, parmesan, and bread crumbs in a small bowl. Evenly spr

5) Cook for 20 minutes at 390oF.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 399; Carbs: 35.4g; Protein: 19.8g; Fat: 19.8g

Chili, Lime & Corn Chicken BBQ

Serves: 4

Cooking Time: 40 minutes

Ingredients

- ½ teaspoon cumin
- 1 tablespoon lime juice
- 1 teaspoon chili powder
- 2 chicken breasts
- 2 chicken thighs
- 2 cups barbecue sauce
- 2 teaspoon grated lime zest
- 4 ears of corn, cleaned
- Salt and pepper to taste

Instructions

1) Place all Ingredients in a Ziploc bag except for the corn. Allow to marinate

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the chicken and corn for 40 minutes.

5) Meanwhile, pour the marinade in a saucepan over medium heat until it thicl

6) Before serving, brush the chicken and corn with the glaze.

Nutrition information:

Calories per serving:849 ; Carbs: 87.7g; Protein: 52.3g; Fat: 32.1g

Chinese Five Spiced Marinated Chicken

Serves: 4

Cooking Time: 40 minutes

Ingredients

- ¼ cup hoisin sauce
- 1 ¼ teaspoons sesame oil
- 1 ½ teaspoon five spice powder
- 2 chicken breasts, halved
- 2 tablespoons rice vinegar
- 2 teaspoons brown sugar
- 3 ½ teaspoon grated ginger
- 3 ½ teaspoons honey
- 3 cucumbers, sliced
- Salt and pepper to taste

Instructions

1) Place all Ingredients except for the cucumber in a Ziploc bag.

2) Allow to rest in the fridge for at least 2 hours.

3) Preheat the air fryer to 390F.

4) Place the grill pan accessory in the air fryer.

5) Grill for 40 minutes and make sure to flip the chicken often for even cookir

6) Serve chicken with cucumber once cooked.

Nutrition information:

Calories per serving: 330; Carbs:16.7 g; Protein: 31.2g; Fat: 15.4g

Chipotle Chicken ala King

Serves: 4

Cooking Time: 40 minutes

Ingredients

- 1 tablespoon sour cream
- 1 teaspoon ground cumin
- 4 corn tortillas, cut into quarters
- 1/2 (10.75 ounce) can condensed cream of mushroom soup
- 1/2 (10.75 ounce) can condensed cream of chicken soup
- 1-1/2 teaspoons vegetable oil
- 1/2 white onion, diced
- 1/2 red bell pepper, diced
- 1/2 green bell pepper, diced
- 1/2 (10 ounce) can diced tomatoes with green chile peppers (such as RO*T
- 1/2 cup chicken broth
- 1/2 teaspoon ancho chile powder
- 1/2 cooked chicken, torn into shreds or cut into chunks
- 1/4 teaspoon dried oregano
- 1/4-pound shredded Cheddar cheese
- 1/8 teaspoon chipotle chile powder

Instructions

1) Lightly grease baking pan of air fryer with vegetable oil. Add bell pepper, r
minutes, cook on 360oF.

2) Meanwhile, in a large bowl, whisk well chipotle chile powder, oregano, anc
cream, chicken broth, diced tomatoes, cream of chicken soup, and cream of m

3) Once bell peppers are done cooking, pour into bowl of sauce and mix well.

4) Add a few scoops of sauce on bottom of air fryer baking pan. Place ½ of ch
cheese, cover with a layer of torn tortilla. Repeat process until all ingredients a

5) Cover pan with foil.

6) Cook for 25 minutes. Uncover and continue cooking for another 10 minute

7) Serve and enjoy.

Nutrition information:

Calories per Serving: 482; Carbs: 25.1g; Protein: 32.1g; Fat: 28.1g

Chipotle-Garlic Smoked Wings

Serves: 8

Cooking Time: 30 minutes

Ingredients

- ½ cup barbecue sauce
- 1 tablespoon chili powder
- 1 tablespoon garlic powder
- 1 tablespoon liquid smoke seasoning
- 1 teaspoon chipotle chili powder
- 1 teaspoon mustard powder
- 3 tablespoons paprika
- 4 pounds chicken wings
- 4 teaspoons salt

Instructions

1) Place all Ingredients in a Ziploc bag

2) Allow to marinate for at least 2 hours in the fridge.

3) Preheat the air fryer to 390F.

4) Place the grill pan accessory in the air fryer.

5) Grill the chicken for 30 minutes.

6) Flip the chicken every 10 minutes for even grilling.

7) Meanwhile, pour the marinade in a saucepan and heat over medium flame u

8) Before serving the chicken, brush with the glaze.

Nutrition information:

Calories per serving: 324; Carbs: 10.8g; Protein: 50.7g; Fat: 8.6g

Chives, Eggs ‘n Ham Casserole

Serves: 4

Cooking Time: 15 minutes

Ingredients

- 1 egg, whole
- 2 tablespoons butter, unsalted
- 2 tablespoons coconut cream
- 2 teaspoon fresh chives, chopped
- 3 uncured ham, chopped
- 4 large eggs, beaten
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a mixing bowl, combine the beaten eggs, coconut cream, butter, and chiv taste.

3) Pour into a baking dish that will fit in the air fryer and sprinkle ham on top.

4) Crack 1 egg on top.

5) Place in the air fryer.

6) Cook for 15 minutes at 350F.

Nutrition information:

Calories per serving: 178; Carbohydrates: 2.6g; Protein: 6.4g; Fat: 15.8g

Chorizo-Oregano Frittata

Serves: 6

Cooking Time: 15 minutes

Ingredients

- ½ chorizo sausage, sliced
- ½ zucchini, sliced
- 3 large eggs, beaten
- 3 tablespoons olive oil
- A dash of oregano
- A dash of Spanish paprika

Instructions

1) Preheat the air fryer for 5 minutes.

2) Combine all ingredients in a mixing bowl until well-incorporated.

3) Pour into a greased baking dish that will fit in the air fryer basket.

4) Place the baking dish in the air fryer.

5) Close and cook for 15 minutes at 350F.

Nutrition information:

Calories per serving: 94; Carbohydrates: 0.5g; Protein: 1.8g; Fat: 9.4g

Cilantro-Lime ‘n Liquid Smoke Chicken Grill

Serves: 4

Cooking Time: 40 minutes

Ingredients

- 1 ½ teaspoon honey
- 1 tablespoon lime zest
- 1 teaspoon liquid smoke
- 1/3 cup chopped cilantro
- 1/3 cup fresh lime juice
- 2 tablespoons olive oil
- 3 cloves of garlic, minced
- 4 chicken breasts, halved
- Salt and pepper to taste

Instructions

1) Place all Ingredients in a bowl and allow to marinate in the fridge for at leas

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill in the chicken for 40 minutes and make sure to flip the chicken every

Nutrition information:

Calories per serving: 571; Carbs: 6.1g; Protein: 60.9g; Fat: 33.6g

Coco Milk ‘n Paprika-Oregano Marinated Drumsticks

Serves: 6

Cooking Time: 30 minutes

Ingredients

- ½ cup almond flour
- ½ cup coconut milk
- ½ teaspoon oregano
- ½ teaspoon paprika
- ½ teaspoon salt
- 3 tablespoons melted butter
- 6 chicken drumsticks

Instructions

1) Preheat the air fryer for 5 minutes

2) Soak the chicken drumsticks in coconut milk.

3) In a mixing bowl, combine the almond flour, salt, paprika, and oregano.

4) Dredge the chicken in the almond flour mixture.

5) Place the chicken pieces in the air fryer basket.

6) Air fry for 30 minutes at 325F.

7) Halfway through the Cooking Time, give the fryer basket a shape.

8) Drizzle with melted butter once cooked.

Nutrition information:

Calories per serving: 305; Carbohydrates: 1.4g; Protein: 24.1g; Fat: 22.5g

Copycat KFC Chicken Strips

Serves: 8

Cooking Time: 20 minutes

Ingredients

- 1 chicken breast, cut into strips
- 1 egg, beaten
- 2 tablespoons almond flour
- 2 tablespoons desiccated coconut
- A dash of oregano
- A dash of paprika
- A dash of thyme
- Salt and pepper to taste

Instructions

1) Soak the chicken in egg.

2) In a mixing bowl, combine the rest of the ingredients until well-combined.

3) Dredge the chicken in the dry ingredients.

4) Place in the air fryer basket.

5) Cook for 20 minutes at 350F.

Nutrition information:

Calories per serving: 100; Carbohydrates: 0.9g; Protein: 4.8g; Fat: 8.6g

Creamy Chicken ‘n Pasta Tetrazzini

Serves: 3

Cooking Time: 30 minutes

Ingredients

- 1 cup chopped cooked chicken breast
- 1/2 (10.75 ounce) can condensed cream of mushroom soup
- 1/2 cup chicken broth
- 1/2 cup shredded sharp Cheddar cheese
- 1/4 (10 ounce) package frozen green peas
- 1/4 cup grated Parmesan cheese
- 1/4 cup minced green bell pepper
- 1/4 cup minced onion
- 1/4 teaspoon salt
- 1/4 teaspoon Worcestershire sauce
- 1/8 teaspoon ground black pepper
- 2 tablespoons butter
- 2 tablespoons cooking sherry
- 3/4 cup sliced fresh mushrooms
- 4-ounce linguine pasta, cooked following manufacturer’s instructions

Instructions

1) Lightly grease baking pan of air fryer and melt butter for 2 minutes at 360o mushrooms. Cook for 5 minutes.

2) Add chicken broth and mushroom soup, mix well. Cook for 5 minutes.

3) Mix in chicken, pepper, salt, Worcestershire sauce, sherry, peas, cheddar ch and Parmesan on top.

4) Cook for 15 minutes at 390oF until tops are lightly browned.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 494; Carbs: 39.0g; Protein: 28.8g; Fat: 24.7g

Creamy Chicken ‘n Rice

Serves: 3

Cooking Time: 45 minutes

Ingredients

- 1 (10.75 ounce) can cream of celery soup
- 1 (10.75 ounce) can cream of chicken soup
- 1 (10.75 ounce) can cream of mushroom soup
- 1/2 cup butter, sliced into pats
- 2 cups instant white rice
- 2 cups water
- 3 chicken breasts, cut into cubes
- salt and ground black pepper to taste

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) In pan, mix cream of mushroom, celery soup, chicken soup, rice, water and

3) Season with pepper and salt. Top with butter pats.

4) Cover pan with foil and for 35 minutes, cook on 360oF.

5) Let it stand for 10 minutes.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 439; Carbs: 36.7g; Protein: 16.8g; Fat: 25.0g

Creamy Chicken Breasts with crumbled Bacon

Serves: 4

Cooking Time: 25 minutes

Ingredients

- ¼ cup olive oil
- 1 block cream cheese
- 4 chicken breasts
- 8 slices of bacon, fried and crumbled
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Place the chicken breasts in a baking dish that will fit in the air fryer.

3) Add the olive oil and cream cheese. Season with salt and pepper to taste.

4) Place the baking dish with the chicken and cook for 25 minutes at 350F.

5) Sprinkle crumbled bacon after.

Nutrition information:

Calories per serving: 827; Carbohydrates: 1.7g; Protein: 61.2g; Fat: 67.9g

Creamy Chicken-Veggie Pasta

Serves: 3

Cooking Time: 30 minutes

Ingredients

- 3 chicken tenderloins, cut into chunks
- salt and pepper to taste
- garlic powder to taste
- 1 cup frozen mixed vegetables
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon butter, melted
- 1/2 (10.75 ounce) can condensed cream of chicken soup
- 1/2 (10.75 ounce) can condensed cream of mushroom soup
- 1/2 cup dry fusilli pasta, cooked according to manufacturer's Instructions
- 1 tablespoon and 1-1/2 teaspoons olive oil
- 1-1/2 teaspoons dried minced onion
- 1-1/2 teaspoons dried basil
- 1-1/2 teaspoons dried parsley
- 1/2 cup dry bread crumbs

Instructions

1) Lightly grease baking pan of air fryer with oil. Add chicken and season wit
pepper, salt, and minced onion. For 10 minutes, cook on 360oF. Stirring halfw
Time.

2) Then stir in mixed vegetables, mushroom soup, chicken soup, and cooked p

3) Mix well butter, Parmesan cheese, and bread crumbs in a small bowl and sp

4) Cook for 20 minutes or until tops are lightly browned.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 399; Carbs: 35.4g; Protein: 19.8g; Fat: 19.8g

Creamy Coconut Egg ‘n Mushroom Bake

Serves: 4

Cooking Time: 20 minutes

Ingredients

- ½ cup mushrooms, chopped
- 1 cup coconut cream
- 1 teaspoon onion powder
- 2 tablespoons butter
- 8 eggs, beaten
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a mixing bowl, combine the eggs, butter, and coconut cream.

3) Pour in a baking dish together with the mushrooms and onion powder.

4) Season with salt and pepper to taste.

5) Place in the air fryer chamber and cook for 20 minutes at 3100F.

Nutrition information:

Calories per serving: 512; Carbohydrates: 3.8g; Protein: 20.8g; Fat: 45.9g

Creamy Scrambled Eggs with Broccoli

Serves: 2

Cooking Time: 20 minutes

Ingredients

- 3 Eggs
- 2 tbsp Cream
- 2 tbsp Parmesan Cheese grated or cheddar cheese
- Salt to taste
- Black Pepper to taste
- 1/2 cup Broccoli small florets
- 1/2 cup Bell Pepper cut into small pieces

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Spread broccoli f
and for 7 minutes, cook on 360oF.

2) Meanwhile, in a bowl whisk eggs. Stir in cream. Season with pepper and sa

3) Remove basket and toss the mixture a bit. Pour egg mixture over.

4) Cook for another 10 minutes.

5) Sprinkle cheese and let it rest for 3 minutes.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 273; Carbs: 5.6g; Protein: 16.1g; Fat: 20.6g

Creamy Turkey Bake

Serves: 5

Cooking Time: 30 minutes

Ingredients

- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 1 can (4 ounces) mushroom stems and pieces, drained
- 1 cup chopped cooked turkey or chicken
- 1 tube (12 ounces) refrigerated buttermilk biscuits, cut into 4 equal slices
- 1/2 cup frozen peas
- 1/4 cup 2% milk
- Dash each ground cumin, dried basil and thyme

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add all ingredier biscuits.

2) Top with biscuits. Cover pan with foil.

3) For 15 minutes, cook on 390oF.

4) Remove foil and cook for 15 minutes at 330oF or until biscuits are lightly b

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 325; Carbs: 38.0g; Protein: 14.0g; Fat: 13.0g

Crispy ‘n Salted Chicken Meatballs

Serves: 6

Cooking Time: 20 minutes

Ingredients

- ½ cup almond flour
- ¾ pound skinless boneless chicken breasts, ground
- 1 ½ teaspoon herbs de Provence
- 1 tablespoon coconut milk
- 2 eggs, beaten
- Salt and pepper to taste

Instructions

1) Mix all ingredient in a bowl.

2) Form small balls using the palms of your hands.

3) Place in the fridge to set for at least 2 hours.

4) Preheat the air fryer for 5 minutes.

5) Place the chicken balls in the fryer basket.

6) Cook for 20 minutes at 325F.

7) Halfway through the Cooking
Time, give the fryer basket a shake to cook evenly on all sides.

Nutrition information:

Calories per serving: 116.1; Carbohydrates: 1.2g; Protein: 15.9g; Fat: 5.3g

Crispy Fried Buffalo Chicken Breasts

Serves: 4

Cooking Time: 30 minutes

Ingredients

- ¼ cup sugar-free hot sauce
- ¼ teaspoon cayenne pepper
- ¼ teaspoon paprika
- 1 clove of garlic, minced
- 1 cup almond flour
- 1 large egg, beaten
- 1 teaspoon stevia powder
- 1-pound chicken breasts, cut into thick strips
- 3 tablespoons butter
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Season the chicken breasts with salt and pepper to taste.

3) Dredge first in beaten egg then in flour mixture.

4) Arrange neatly in the air fryer basket.

5) Close and cook for 30 minutes at 350F.

6) Halfway through the Cooking
Time, shake the air fryer basket to cook evenly.

7) Meanwhile, prepare the sauce by combine the rest of the ingredients. Seaso
taste. Set aside.

8) Once the chicken tenders are cooked, place in a bowl with the sauce and tos

Nutrition information:

Calories per serving: 312; Carbohydrates: 1.7g; Protein: 20.4g; Fat: 24.8g

Crispy Tender Parmesan Chicken

Serves: 2

Cooking Time: 20 minutes

Ingredients

- 1 tablespoon butter, melted
- 2 chicken breasts
- 2 tablespoons parmesan cheese
- 6 tablespoons almond flour

Instructions

1) Preheat the air fryer for 5 minutes.

2) Combine the almond flour and parmesan cheese in a plate.

3) Drizzle the chicken breasts with butter.

4) Dredge in the almond flour mixture.

5) Place in the fryer basket.

6) Cook for 20 minutes at 350F.

Nutrition information:

Calories per serving: 712; Carbohydrates: 1.4g; Protein: 35.7g; Fat: 62.6g

Curried Rice ‘n Chicken Bake

Serves: 3

Cooking Time: 45 minutes

Ingredients

- 1 clove garlic, minced
- 6 ounces skinless, boneless chicken breast halves - cut into 1-inch cubes
- 1/2 cup water
- 1/2 (8 ounce) can stewed tomatoes
- 1-1/2 teaspoons lemon juice
- 1-1/2 teaspoons curry powder
- 1/2 cube chicken bouillon
- 1/2 bay leaf (optional)
- 1/4 cup and 2 tablespoons quick-cooking brown rice
- 1/4 cup raisins
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon salt

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) Stir in bay leaf, garlic, salt, cinnamon, bouillon, curry powder, lemon juice, tomatoes, and water. For 20 minutes, cook on 360oF. Halfway through Cooki mix well.

3) Cover pan with foil.

4) Cook for 15 minutes at 390oF, remove foil, cook for 10 minutes until tops a

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 247; Carbs: 34.5g; Protein: 22.7g; Fat: 2.0g

Curry-Peanut Butter Rubbed Chicken

Serves: 3

Cooking Time: 12 minutes

Ingredients

- ½-lb boneless and skinless chicken thigh meat, cut into 2-inch chunks
- 1 medium bell pepper, seeded and cut into chunks
- 1 tablespoon lime juice
- 1 tablespoon Thai curry paste
- 1 teaspoon salt
- 2/3 cup coconut milk
- 3 tablespoons peanut butter

Instructions

1) In a shallow dish, mix well all Ingredients except for chicken and bell pepp small bowl for basting.

2) Add chicken to dish and toss well to coat. Marinate in the ref for 3 hours.

3) Thread bell pepper and chicken pieces in skewers. Place on skewer rack in

4) For 12 minutes, cook on 360oF. Halfway through Cooking.Time, turnover needed, cook in batches.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 282; Carbs: 10.0g; Protein: 20.0g; Fat: 18.0g

Dijon-Garlic Thighs

Serves: 6

Cooking Time: 25 minutes

Ingredients

- 1 tablespoon cider vinegar
- 1 tablespoon Dijon mustard
- 1-pound chicken thighs
- 2 tablespoon olive oil
- 2 teaspoons herbs de Provence
- Salt and pepper to taste

Instructions

1) Place all ingredients in a Ziploc bag.

2) Allow to marinate in the fridge for at least 2 hours.

3) Preheat the air fryer for 5 minutes.

4) Place the chicken in the fryer basket.

5) Cook for 25 minutes at 350F.

Nutrition information:

Calories per serving:214; Carbohydrates: 1.1g; Protein: 12.7g; Fat: 17.6g

Drunken Chicken Jerk Spiced

Serves: 8

Cooking Time: 60 minutes

Ingredients

- ¾ ground cloves
- ¾ malt vinegar
- ¾ soy sauce
- 1 ½ teaspoons ground nutmeg
- 2 ½ teaspoons ground allspice
- 2 tablespoons rum
- 2tablespoon salt
- 4 habanero chilies
- 5 cloves of garlic, minced
- 8 pieces chicken legs

Instructions

1) Place all Ingredients in a Ziploc bag and give a good shake. Allow to marin hours.

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the chicken for 60 minutes and flip the chicken every 10 minutes for e

Nutrition information:

Calories per serving: 193; Carbs: 1.2g; Protein:28.7 g; Fat: 8.1g

Easy Chicken Fried Rice

Serves: 3

Cooking Time: 20 minutes

Ingredients

- 1 cup frozen peas & carrots
- 1 packed cup cooked chicken, diced
- 1 tbsp vegetable oil
- 1/2 cup onion, diced
- 3 cups cold cooked white rice
- 6 tbsp soy sauce

Instructions

1) Lightly grease baking pan of air fryer with vegetable oil. Add frozen carrots

2) For 5 minutes, cook on 360oF.

3) Stir in chicken and cook for another 5 minutes.

4) Add remaining ingredients and toss well to mix.

5) Cook for another 10 minutes, while mixing halfway through.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 445; Carbs: 59.4g; Protein: 20.0g; Fat: 14.1g

Easy Fried Chicken Southern Style

Serves: 6

Cooking Time: 30 minutes

Ingredients

- 1 cup coconut flour
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon pepper
- 1 teaspoon salt
- 5 pounds chicken leg quarters

Instructions

1) Preheat the air fryer for 5 minutes.

2) Combine all ingredients in a bowl. Give a good stir.

3) Place ingredients in the air fryer.

4) Cook for 30 minutes at 350F.

Nutrition information:

Calories per serving:611; Carbohydrates: 2.8g; Protein: 92.7g; Fat: 25.4g

Easy How-To Hard Boil Egg in Air Fryer

Serves: 6

Cooking Time: 15 minutes

Ingredients

- 6 eggs

Instructions

1) Preheat the air fryer for 5 minutes.
2) Place the eggs in the air fryer basket.
3) Cook for 15 minutes at 360F.
4) Remove from the air fryer basket and place in cold water.

Nutrition information:

Calories per serving: 140; Carbohydrates: 0g; Protein: 12g; Fat: 10g

Eggs ‘n Turkey Bake

Serves: 4

Cooking Time: 15 minutes

Ingredients

- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 cup coconut milk
- 1-pound leftover turkey, shredded
- 2 cups kale, chopped
- 4 eggs, beaten
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a mixing bowl, combine the eggs, coconut milk, garlic powder, and onio pepper to taste.

3) Place the turkey meat and kale in a baking dish.

4) Pour over the egg mixture.

5) Place in the air fryer.

6) Cook for 15 minutes at 350F.

Nutrition information:

Calories per serving: 817; Carbohydrates: 3.6g; Protein: 32.9g; Fat: 74.5g

Eggs Benedict on English Muffins

Serves: 5

Cooking Time: 40 minutes

Ingredients

- ½ tsp onion powder
- 1 cup milk
- 1 stalk green onions, chopped
- 1/2 (.9 ounce) package hollandaise sauce mix
- 1/2 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon paprika
- 2 tablespoons margarine
- 3 English muffins, cut into 1/2-inch dice
- 4 large eggs
- 6-ounces Canadian bacon, cut into 1/2-inch dice

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) Place half of the bacon on bottom of pan, evenly spread died English muffi

remaining bacon on top.

3) In a large bowl, whisk well eggs, 1 cup milk, green onions, onion powder, a
mixture. Sprinkle top with paprika. Cover with foil and refrigerate overnight.

4) Preheat air fryer to 390oF.

5) Cook in air fryer covered in foil for 25 minutes. Remove foil and continue
until set.

6) Meanwhile, make the hollandaise sauce by melting margarine in a sauce pa
hollandaise sauce in a small bowl and whisk into melted margarine. Simmer u

continuously stirring.

7) Serve and enjoy with sauce.

Nutrition information:

Calories per Serving: 282; Carbs: 21.2g; Protein: 17.5g; Fat: 14.1g

Eggs, Cauliflower ‘n Broccoli Brekky

Serves: 3

Cooking Time: 20 minutes

Ingredients

- ½ cup milk
- ½ cup shredded Cheddar cheese
- 1 cup broccoli, cut into little bits or riced
- 1 cup cauliflower, riced
- 1 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/2-pound hot pork sausage, diced
- 3 large eggs

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. And cook pork s

2) Remove basket and toss the mixture a bit. Stir in riced cauliflower and broc

3) Meanwhile, whisk well eggs, salt, pepper, and milk. Stir in cheese.

4) Remove basket and pour in egg mixture.

5) Cook for another 10 minutes.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 434; Carbs: 6.5g; Protein: 27.3g; Fat: 33.2g

French Toast with Apples ‘n Raisins

Serves: 6

Cooking Time: 40 minutes

Ingredients

- ½ cup diced peeled apples
- ½-lb loaf cinnamon raisin bread, cubed
- 1 ¼ cups half-and-half cream
- 2 tbsp maple syrup
- 3 tbsp butter, melted
- 4 eggs
- 4-oz cream cheese, diced

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) Evenly spread half of the bread on bottom of pan. Sprinkle evenly the crear remaining bread on top.

3) In a large bowl, whisk well eggs, cream, butter, and maple syrup. Pour over

4) Cover air fryer baking pan with plastic wrap and refrigerate for two hours.

5) Preheat air fryer to 325oF.

6) Cook for 40 minutes.

7) Serve and enjoy while warm.

Nutrition information:

Calories per Serving: 362; Carbs: 28.3g; Protein: 10.1g; Fat: 23.1g

Garam Masala ‘n Yogurt Marinated Chicken

Serves: 3

Cooking Time: 40 minutes

Ingredients

- ½ cup whole milk yogurt
- ½ teaspoon ground cumin
- 1 ½ pounds skinless chicken thighs
- 1 ½ teaspoon garam masala
- 1 tablespoon ground coriander
- 1 tablespoon smoked paprika
- 1-inch ginger, peeled and chopped
- 2 tablespoons prepared mustard
- 3 tablespoons fresh lime juice
- 4 cloves of garlic, minced
- 7 dried chilies, seeds removed and broken into pieces
- Salt and pepper to taste

Instructions

1. Place all ingredients in a Ziploc bag and give a good shake to combine ever
2. Allow to marinate for at least 2 hours in the fridge.
3. Preheat the air fryer to 390F.
4. Place the grill pan accessory in the air fryer.
5. Grill for at least 40 minutes.
6. Make sure to flip the chicken every 10 minutes.

Nutrition information:

Calories per serving: 589; Carbs: 25.5g; Protein:54.6 g; Fat: 29.8g

Garlic Paprika Rubbed Chicken Breasts

Serves: 4

Cooking Time: 30 minutes

Ingredients

- 1 tablespoon stevia powder
- 2 tablespoons lemon juice, freshly squeezed
- 2 tablespoons Spanish paprika
- 2 teaspoon minced garlic
- 3 tablespoons olive oil
- 4 boneless chicken breasts
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Place all ingredients in a baking dish that will fit in the air fryer. Stir to com

3) Place the chicken pieces in the air fryer.

4) Cook for 30 minutes at 325F.

Nutrition information:

Calories per serving:424; Carbohydrates: 3.9g; Protein: 62.2g; Fat: 17.7g

Garlic Rosemary Roasted Chicken

Serves: 6

Cooking Time: 50 minutes

Ingredients

- 1 tsp rosemary
- 2 pounds whole chicken
- 4 cloves of garlic, minced
- Salt and pepper to taste

Instructions

1) Season the whole chicken with garlic, salt, and pepper.

2) Place in the air fryer basket.

3) Cook for 30 minutes at 330F.

4) Flip the chicken in the other side and cook for another 20 minutes.

Nutrition information:

Calories per serving: 328; Carbohydrates: 30.8g; Protein: 14.5g; Fat: 16.3g

Ginger Garam Masala Rubbed Chicken

Serves: 4

Cooking Time: 50 minutes

Ingredients

- 1 bell pepper, seeded and julienned
- 1 cup coconut milk
- 1 teaspoon coriander powder
- 1 teaspoon garam masala
- 1 teaspoon turmeric powder
- 1 thumb-size ginger, grated
- 1 whole chicken, sliced into
- 2 tablespoons olive oil

Instructions

1) Preheat the air fryer for 5 minutes.

2) Place all ingredients in a baking dish that will fit in the air fryer.

3) Stir to combine.

4) Place in the air fryer.

5) Cook for 50 minutes at 350F.

Nutrition information:

Calories per serving: 699; Carbohydrates: 4.9 g; Protein: 44.5g; Fat: 55.7g

Greens ‘n Turkey sausage Frittata

Serves: 2

Cooking Time: 20 minutes

Ingredients

- ½ cup cheddar cheese finely grated, extra sharp
- ½ cup milk skimmed
- 1/2-pound breakfast turkey sausage
- 1/4 tsp cayenne pepper
- 1/4 tsp garlic powder
- 2-oz hash browns frozen, shredded
- 3 eggs
- 5-oz pre-
  cut mixed greens (kale, spinach, swiss chard or whatever else you can find)
- green onions for serving
- salt to taste

Instructions

1) Lightly grease baking pan of air fryer with cooking spray and add turkey sa

2) For 5 minutes, cook on 360oF. Open halfway and break up sausage.

3) Meanwhile in a bowl whisk well eggs. Season with salt, cayenned, and garl well.

4) Remove basket and break sausage some more. Stir in frozen hash brown an

5) Toss in mixed greens and cheese.

6) Pour egg mixture over hash brown mixture.

7) Cook for another 10 minutes until eggs are set to desired doneness.

8) Sprinkle green onions and let it rest for a minute.

9) Serve and enjoy.

Nutrition information:

Calories per Serving: 616; Carbs: 39.8g; Protein: 39.7g; Fat: 33.1g

Grilled Chicken Pesto

Serves: 8

Cooking Time: 30 minutes

Ingredients

- 1 ¾ cup commercial pesto
- 8 chicken thighs
- Salt and pepper to taste

Instructions

1) Place all Ingredients in the Ziploc bag and allow to marinate in the fridge fo
2) Preheat the air fryer to 390F.
3) Place the grill pan accessory in the air fryer.
4) Grill the chicken for at least 30 minutes.
5) Make sure to flip the chicken every 10 minutes for even grilling.

Nutrition information:

Calories per serving: 477; Carbs: 3.8g; Protein: 32.6g; Fat: 36.8g

Grilled Chicken Recipe From Jamaica

Serves: 2

Cooking Time: 30 minutes

Ingredients

- ¼ cup pineapple chunks
- 1 tablespoon vegetable oil
- 2 whole chicken thighs
- 3 teaspoons lime juice
- 4 tablespoons jerk seasoning

Instructions

1) In a shallow dish, mix well all Ingredients. Marinate in the ref for 3 hours.

2) Thread chicken pieces and pineapples in skewers. Place on skewer rack in a

3) For 30 minutes, cook on 360oF. Halfway through Cooking
Time, turnover skewers.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 579; Carbs: 36.3g; Protein: 25.7g; Fat: 36.7g

Grilled Chicken Recipe from Korea

Serves: 4

Cooking Time: 30 minutes

Ingredients

- ½ cup gochujang
- ½ teaspoon fresh ground black pepper
- 1 scallion, sliced thinly
- 1 teaspoon salt
- 2 pounds chicken wings

Instructions

1) Place in a Ziploc bag the chicken wings, salt, pepper, and gochujang sauce.

2) Allow to marinate in the fridge for at least 2 hours.

3) Preheat the air fryer to 390F.

4) Place the grill pan accessory in the air fryer.

5) Grill the chicken wings for 30 minutes making sure to flip the chicken ever

6) Top with scallions and serve with more gochujang.

Nutrition information:

Calories per serving: 278; Carbs: 0.8g; Protein: 50.1g; Fat: 8.2g

Grilled Chicken Recipe from Morocco

Serves: 4

Cooking Time: 20 minutes

Ingredients

- 1-pound skinless, boneless chicken thighs, cut into 2" pieces
- 2 garlic cloves, chopped
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- 3 tablespoons plain yogurt
- 4 garlic cloves, finely chopped
- Kosher salt
- Kosher salt
- Vegetable oil (for grilling)
- Warm pita bread, labneh (Lebanese strained yogurt),chopped tomatoes, anc serving)
- 1/2 cup finely chopped fresh flat-leaf parsley
- 1/3 cup olive oil
- 1/4 teaspoon crushed red pepper flakes

Instructions

1) In food processor, process garlic, salt, and oil until creamy. Add yogurt and

Transfer to a bowl, set aside in the ref.

2) In a large bowl, marinate chicken in red pepper flakes, paprika, cumin, pars least two hours in the ref.

3) Thread chicken in skewers and place in skewer rack of air fryer.

4) For 10 minutes, cook on 390oF. Halfway through Cooking
Time, turnover skewers.

5) Serve and enjoy with the dip on the side.

Nutrition information:

Calories per Serving: 343; Carbs: 8.1g; Protein: 28.0g; Fat: 22.0g

Grilled Chicken Wings with Curry-Yogurt Sauce

Serves: 4

Cooking Time: 35 minutes

Ingredients

- ½ cup plain yogurt
- 1 tablespoons curry powder
- 2 pounds chicken wings
- Salt and pepper to taste

Instructions

1) Season the chicken wings with yogurt, curry powder, salt and pepper. Toss

2) Allow to marinate in the fridge for at least 2 hours.

3) Preheat the air fryer to 390F.

4) Place the grill pan accessory in the air fryer.

5) Grill the chicken for 35 minutes and make sure to flip the chicken halfway t
Time.

Nutrition information:

Calories per serving: 301; Carbs: 3.3g; Protein: 51.3g; Fat: 9.2g

Grilled Thighs with Honey Balsamic Sauce

Serves: 8

Cooking Time: 40 minutes

Ingredients

- 1/3 cup honey
- 2 tablespoons balsamic vinegar
- 2 tablespoons butter
- 3 cloves of garlic, minced
- 8 bone-in chicken thighs
- Chopped chives for garnish
- Lemon wedges for garnish
- Salt and pepper to taste

Instructions

1) In a mixing bowl, season the chicken with salt and pepper to taste. Add the and garlic. Allow to marinate for 2 hours in the fridge.

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Put the chicken on the grill pan and cook for 40 minutes. Flip the chicken e

5) Meanwhile, place the remaining marinade in a saucepan and allow to simm

6) Once cooked, brush the chicken with the sauce and garnish with chives and

Nutrition information:

Calories per serving: 524; Carbs: 32.4g; Protein: 25.1g; Fat: 32.7g

Healthy Turkey Shepherd's Pie

Serves: 2

Cooking Time: 50 minutes

Ingredients

- 1 tablespoon butter, room temperature
- 1/2 clove garlic, minced
- 1/2 large carrot, shredded
- 1/2 onion, chopped
- 1/2 teaspoon chicken bouillon powder
- 1/2-pound ground turkey
- 1/8 teaspoon dried thyme
- 1-1/2 large potatoes, peeled
- 1-1/2 teaspoons all-purpose flour
- 1-1/2 teaspoons chopped fresh parsley
- 1-1/2 teaspoons olive oil
- 2 tablespoons warm milk
- 4.5-ounce can sliced mushrooms
- ground black pepper to taste
- salt to taste

Instructions

1) Until tender, boil potatoes. Drain and transfer to a bowl. Mash with milk an

2) Lightly grease baking pan of air fryer with olive oil. Add onion and for 5 m stirring and crumbling halfway through Cooking Time.

3) Season with pepper and salt. Stir in flour and mix well. Cook for 2 minutes.

4) Evenly spread turkey mixture. Top with mashed potatoes, evenly.

5) Cook for 20 minutes or until potatoes are lightly browned.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 342; Carbs: 38.0g; Protein: 18.3g; Fat: 12.9g

Honey & Sriracha Over Chicken

Serves: 4

Cooking Time: 40 minutes

Ingredients

- ½ teaspoon garlic powder
- ½ teaspoon paprika
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- 2 tablespoons sriracha
- 3 tablespoons rice vinegar
- 4 chicken breasts
- Salt and pepper to taste

Instructions

1) Place all Ingredients in a Ziploc bag and allow to marinate for at least 2 hou

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the chicken for at least 40 minutes and flip the chicken every 10 minu

Nutrition information:

Calories per serving: 510; Carbs: 6.1g; Protein: 60.8g; Fat: 26.9g

Honey, Lime, And Garlic Chicken BBQ

Serves: 4

Cooking Time: 40 minutes

Ingredients

- ¼ cup lime juice, freshly squeezed
- ½ cup cilantro, chopped finely
- ½ cup honey
- 1 tablespoon olive oil
- 2 cloves of garlic, minced
- 2 pounds boneless chicken breasts
- 2 tablespoons soy sauce
- Salt and pepper to taste

Instructions

1) Place all Ingredients in a Ziploc bag and give a good shake. Allow to marin hours.

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the chicken for 40 minutes making sure to flip the chicken every 10 m

Nutrition information:

Calories per serving: 458; Carbs: 38.9g; Protein:52.5 g; Fat: 10.2g

Honey-Balsamic Orange Chicken

Serves: 3

Cooking Time: 40 minutes

Ingredients

- ½ cup balsamic vinegar
- ½ cup honey
- 1 ½ pounds boneless chicken breasts, pounded
- 1 tablespoon orange zest
- 1 teaspoon fresh oregano, chopped
- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste

Instructions

1) Put the chicken in a Ziploc bag and pour over the rest of the Ingredients. Sh to marinate in the fridge for at least 2 hours.

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the chicken for 40 minutes.

Nutrition information:

Calories per serving: 521; Carbs: 56.1g; Protein: 51.8g; Fat: 9.9g

Lebanese Style Grilled Chicken

Serves: 3

Cooking Time: 20 minutes

Ingredients

- 1 onion, cut into large chunks
- 1 small green bell pepper, cut into large chunks
- 1 teaspoon tomato paste
- 1/2 cup chopped fresh flat-leaf parsley
- 1/2 teaspoon dried oregano
- 1/3 cup plain yogurt
- 1/8 teaspoon ground allspice
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon ground cardamom
- 1/8 teaspoon ground cinnamon
- 1-pound skinless, boneless chicken breast halves cut into 2-inch pieces
- 2 cloves garlic, minced
- 2 tablespoons lemon juice
- 2 tablespoons vegetable oil
- 3/4 teaspoon salt

Instructions

1) In a resealable plastic bag, mix cardamom, cinnamon, allspice, pepper, oreg least 4 hours.

2) Thread chicken into skewers, place on skewer rack and cook in batches.

3) For 10 minutes, cook on 360oF. Halfway through Cooking Time, turnover skewers.

4) Serve and enjoy with a sprinkle of parsley.

Nutrition information:

Calories per Serving: 297; Carbs: 9.8g; Protein: 34.3g; Fat: 13.4g

Leftovers ‘n Enchilada Bake

Serves: 3

Cooking Time: 45 minutes

Ingredients

- 1 egg
- 1/2 (15 ounce) can black beans, drained
- 1/2 (15 ounce) can tomato sauce
- 1/2 (7.5 ounce) package corn bread mix
- 1/2 cup shredded Mexican-style cheese blend, or more to taste
- 1/2 envelope taco seasoning mix
- 1/2-pound chicken breast tenderloins
- 1-1/2 teaspoons vegetable oil
- 2 tablespoons cream cheese
- 2 tablespoons water
- 2-1/4 teaspoons chili powder
- 3 tablespoons milk

Instructions

1) Lightly grease baking pan of air fryer with vegetable oil. Add chicken and c
360oF.

2) Stir in chili powder, taco seasoning mix, water, and tomato sauce. Cook for
turning chicken halfway through Cooking Time.

3) Remove chicken from pan and shred with two forks. Return to pan and stir

Mix well.

4) Top with Mexican cheese.

5) In a bowl, whisk well egg and milk. Add corn bread mix and mix well. Pou

6) Cover pan with foil.

7) Cook for another 15 minutes. Remove foil and cook for 10 minutes more o

8) Let it rest for 5 minutes.

9) Serve and enjoy.

Nutrition information:

Calories per Serving: 487; Carbs: 45.9g; Protein: 31.2g; Fat: 19.8g

Lemon-Aleppo Chicken

Serves: 4

Cooking Time: 1 hour

Ingredients

- ¼ cup Aleppo-style pepper
- ¼ cup fresh lemon juice
- ¼ cup oregano
- 1 cup green olives, pitted and cracked
- 1.4 cup chopped rosemary
- 2 pounds whole chicken, backbones removed and butterflied
- 6 cloves of garlic, minced
- Salt and pepper to taste

Instructions

1) Place the chicken breast side up and slice through the breasts. Using your p to flatten the breasts or you may remove the bones altogether.

2) Once the bones have been removed, season the chicken with salt, pepper, g juice, and oregano.

3) Allow to marinate in the fridge for at least 12 hours.

4) Preheat the air fryer to 390F.

5) Place the grill pan accessory in the air fryer.

6) Place the chicken on the grill pan and place the olives around the chicken.

7) Grill for 1 hour and make sure to flip the chicken every 10 minutes for ever

Nutrition information:

Calories per serving: 502; Carbs:50.4 g; Protein:37.6 g; Fat: 16.6g

Lemon-Butter Battered Thighs

Serves: 8

Cooking Time: 35 minutes

Ingredients

- ½ cup chicken stock
- 1 cup almond flour
- 1 egg, beaten
- 1 onion, diced
- 2 pounds chicken thighs
- 2 tablespoons capers
- 3 tablespoons olive oil
- 4 tablespoons butter
- Juice from 2 lemons, freshly squeezed
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Combine all ingredients in a baking dish. Make sure that all lumps are remo

3) Place the baking dish in the air fryer chamber.

4) Cook for 35 minutes at 325F.

Nutrition information:

Calories per serving: 386; Carbohydrates: 3.7g; Protein: 20.6g; Fat: 32.1g

Lemon-Oregano Chicken BBQ

Serves: 6

Cooking Time: 40 minutes

Ingredients

- 1 tablespoon grated lemon zest
- 2 tablespoons fresh lemon juice
- 2 tablespoons oregano, chopped
- 3 pounds chicken breasts
- 4 cloves of garlic, minced
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) Season the chicken with oregano, garlic, lemon zest, lemon juice, salt and p

4) Grill for 40 minutes and flip every 10 minutes to cook evenly.

Nutrition information:

Calories per serving: 388; Carbs: 1.9g; Protein: 47.5g; Fat: 21.2g

Lemon-Parsley Chicken Packets

Serves: 4

Cooking Time: 45 minutes

Ingredients

- ¼ cup smoked paprika
- ½ cup parsley leaves
- ½ teaspoon liquid smoke seasoning
- 1 ½ tablespoon cayenne pepper
- 2 pounds chicken thighs
- 4 lemons, halved
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) In a large foil, place the chicken and season with paprika, liquid smoke seas pepper.

4) Top with lemon and parsley.

5) Instructions

6) Place on the grill and cook for 45 minutes.

Nutrition information:

Calories per serving: 551; Carbs: 10.4g; Protein: 39.2g; Fat: 39.1g

Malaysian Chicken Satay with Peanut Sauce

Serves: 4

Cooking Time: 25 minutes

Ingredients

- 1 tablespoon fish sauce
- 1 tablespoon lime juice
- 1 tablespoon white sugar
- 1 tablespoon yellow curry powder
- 1 teaspoon fish sauce
- 1 teaspoon white sugar
- 1/2 cup chicken broth
- 1/2 cup unsweetened coconut milk
- 1/2 teaspoon granulated garlic
- 1/4 cup creamy peanut butter
- 1-pound skinless, boneless chicken breasts, cut into strips
- 2 tablespoons olive oil
- 2 teaspoons yellow curry powder
- 3/4 cup unsweetened coconut milk

Instructions

1) In resealable bag, mix well garlic, 1 tsp fish sauce, 1 tsp sugar, 2 tsps. curry

Add chicken and toss well to coat. Remove excess air and seal bag. Marinate f

2) Thread chicken into skewer and place on skewer rack.

3) For 10 minutes, cook on 390oF. Halfway through Cooking
Time, turnover skewers.

4) Meanwhile, make the peanut sauce by bringing remaining coconut milk to a

Stir in curry powder and cook for 4 minutes. Add 1 tbsp fish sauce, lime juice,
and chicken broth. Mix well and cook until heated through. Transfer to a smal

5) Serve and enjoy with the peanut sauce.

Nutrition information:

Calories per Serving: 482; Carbs: 12.1g; Protein: 31.7g; Fat: 34.0g

Meat-Covered Boiled Eggs

Serves: 7

Cooking Time: 25 minutes

Ingredients

- ¼ cup coconut flour
- 1-pound ground beef
- 2 eggs, beaten
- 2 tablespoons butter, melted
- 7 large eggs, boiled and peeled
- Cooking spray
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Place the beaten eggs, ground beef, butter, and coconut flour in a mixing bc taste.

3) Coat the boiled eggs with the meat mixture and place in the fridge to set for

4) Grease with cooking spray.

5) Place in the air fryer basket.

6) Cook at 350F for 25 minutes.

Nutrition information:

Calories per serving: 325; Carbohydrates: 1.8g; Protein: 21.4g; Fat: 25.8g

Middle Eastern Chicken BBQ with Tzatziki Sauce

Serves: 6

Cooking Time: 24 minutes

Ingredients

- 1 1/2 pounds skinless, boneless chicken breast halves - cut into bite-sized pieces
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 2 tablespoons lemon juice

Tzatziki Dip
Ingredients

- 1 (6 ounce) container plain Greek-style yogurt
- 1 tablespoon olive oil
- 2 teaspoons white vinegar
- 1 clove garlic, minced
- 1 pinch salt
- 1/2 cucumber - peeled, seeded, and grated

Instructions

1) In a medium bowl mix well, all Tzatziki dip Ingredients. Refrigerate for at l
blend.

2) In a resealable bag, mix well salt, oregano, garlic, lemon juice, and olive oi
seal, and marinate for at least 2 hours.

3) Thread chicken into skewers and place on skewer rack. Cook in batches.

4) For 12 minutes, cook on 360oF. Halfway through Cooking.Time, turnover
from resealable bag.

5) Serve and enjoy with Tzatziki dip.

Nutrition information:

Calories per Serving: 264; Carbs: 2.6g; Protein: 25.5g; Fat: 16.8g

Mixed Vegetable Breakfast Frittata

Serves: 6

Cooking Time: 45 minutes

Ingredients

- ½-pound breakfast sausage
- 1 cup cheddar cheese shredded
- 1 teaspoon kosher salt
- 1/2 cup milk or cream
- 1/2 teaspoon black pepper
- 6 eggs
- 8-ounces frozen mixed vegetables (bell peppers, broccoli, etc.), thawed

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. For 10 minutes, c meat. Once done cooking, discard excess fat.

2) Stir in thawed mixed vegetables and cook for 7 minutes or until heated thro Cooking Time.

3) Meanwhile, in a bowl, whisk well eggs, cream, salt, and pepper.

4) Remove basket, evenly spread vegetable mixture, and pour in egg mixture.

5) Cook for another 15 minutes, remove foil and continue cooking for another 10 minutes or until eggs are set to desired doneness.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 187; Carbs: 7.0g; Protein: 15.0g; Fat: 11.0g

Mushroom ‘n Coconut Cream Quiche

Serves: 8

Cooking Time: 20 minutes

Ingredients

- ¼ cup coconut cream
- ½ cup almond flour
- ½ cup mushroom, sliced
- ½ onion, chopped
- 1 tablespoon chives, chopped
- 2 tablespoons coconut oil
- 4 eggs, beaten
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a mixing bowl, combine the almond flour and coconut oil.

3) Press the almond flour mixture at the bottom of a heat-proof baking dish.

4) Place in the air fryer and cook for 5 minutes.

5) Meanwhile, combine the rest of the ingredients in a mixing bowl.

6) Take the crust out and pour over the egg mixture.

7) Put the baking dish back into the air fryer and cook for 15 minutes at 350F.

Nutrition information:

Calories per serving: 125; Carbohydrates: 2.2g; Protein: 4.8g; Fat: 10.8g

Naked Cheese, Chicken Stuffing ‘n Green Beans

Serves: 3

Cooking Time: 20 minutes

Ingredients

- 1 cup cooked, cubed chicken breast meat
- 1/2 (10.75 ounce) can condensed cream of chicken soup
- 1/2 (14.5 ounce) can green beans, drained
- 1/2 cup shredded Cheddar cheese
- 6-ounce unseasoned dry bread stuffing mix
- salt and pepper to taste

Instructions

1) Mix well pepper, salt, soup, and chicken in a medium bowl.

2) Make the stuffing according to package Directions for Cooking.

3) Lightly grease baking pan of air fryer with cooking spray. Evenly spread ch

Top evenly with stuffing. Sprinkle cheese on top.

4) Cover pan with foil.

5) For 15 minutes, cook on 390oF.

6) Remove foil and cook for 5 minutes at 390oF until tops are lightly browned

7) Serve and enjoy.

Nutrition information:

Calories per Serving: 418; Carbs: 48.8g; Protein: 27.1g; Fat: 12.7g

Non-Fattening Breakfast Frittata

Serves: 2

Cooking Time: 15 minutes

Ingredients

- ¼ cup sliced mushrooms
- ¼ cup sliced tomato
- 1 cup egg whites
- 2 Tbsp chopped fresh chives
- 2 Tbsp skim milk
- Salt and Black pepper, to taste

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) Spread mushrooms and tomato on bottom of pan.

3) In a bowl, whisk well egg whites, milk, chives, pepper and salt. Pour into b

4) For 15 minutes, cook on 330oF.

5) Remove basket and let it sit for a minute.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 231; Carbs: 35.1g; Protein: 21.5g; Fat: 0.5g

Orange-Tequila Glazed Chicken

Serves: 6

Cooking Time: 40 minutes

Ingredients

- ¼ cup tequila
- 1 shallot, minced
- 1/3 cup orange juice
- 2 tablespoons brown sugar
- 2 tablespoons honey
- 2 tablespoons whole coriander seeds
- 3 cloves of garlic, minced
- 3 pounds chicken breasts
- Salt and pepper to taste

Instructions

1) Place all Ingredients in a Ziploc bag and allow to marinate for at least 2 hou

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the chicken for at least 40 minutes

5) Flip the chicken every 10 minutes for even cooking.

6) Meanwhile, pour the marinade in a saucepan and simmer until the sauce thi

7) Brush the chicken with the glaze before serving.

Nutrition information:

Calories per serving: 440; Carbs: 11.2g; Protein: 48.1g; Fat: 22.5g

Oregano-Thyme Rubbed Thighs

Serves: 4

Cooking Time: 11 minutes

Ingredients

- 4 bone-in chicken thighs with skin
- 1/8 teaspoon garlic salt
- 1/8 teaspoon onion salt
- 1/8 teaspoon dried oregano
- 1/8 teaspoon ground thyme
- 1/8 teaspoon paprika
- 1/8 teaspoon ground black pepper

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Place chicken wi pan.

2) In a small bowl whisk well pepper, paprika, thyme, oregano, onion salt, anc chicken.

3) For 1 minute, cook on 390oF.

4) Turnover chicken while rubbing on bottom and sides of pan for more seaso

5) Cook for 10 minutes at 390oF.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 185; Carbs: 0.2g; Protein: 19.2g; Fat: 11.9g

Over the Top Chicken Enchiladas

Serves: 3

Cooking Time: 50 minutes

Ingredients

- 1/2 (1.25 ounce) package mild taco seasoning mix
- 1/2 (10 ounce) can enchilada sauce
- 1/2 (10.75 ounce) can condensed cream of chicken soup
- 1/2 (4 ounce) can chopped green chilies, drained
- 1/2 (6 ounce) can sliced black olives
- 1/2 bunch green onions, chopped, divided
- 1/2 cup sour cream
- 1/2 cup water
- 1/2 small onion, chopped
- 1/2 teaspoon lime juice
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon chili powder
- 1-1/2 cups Cheddar cheese, shredded, divided
- 1-1/2 teaspoons butter
- 1-pound skinless, boneless chicken breast meat, cooked and shredded
- 3 (12 inch) flour tortillas

Instructions

1) Lightly grease baking pan of air fryer with butter. Add onion and for 5 min

2) Stir in water, green onions, taco seasoning, green chilies, and shredded chic

3) Stir in garlic powder, onion powder, and lime juice. Cook for 5 minutes mo

4) In a bowl whisk well chili powder, sour cream, and cream of chicken soup. baking pan and mix well.

5) Evenly divide the chicken mixture into the flour tortillas, sprinkle with ½ o

6) Pour remaining soup mixture into air fryer baking pan. Place tortillas seam on top and sprinkle remaining cheese.

7) Cover pan with foil.

8) Cook for another 20 minutes, remove foil and continue cooking another 10

9) Serve and enjoy.

Nutrition information:

Calories per Serving: 706; Carbs: 52.5g; Protein: 42.2g; Fat: 36.3g

Paprika-Cumin Rubbed Chicken Tenderloin

Serves: 6

Cooking Time: 25 minutes

Ingredients

- ¼ cup coconut flour
- ¼ cup olive oil
- ½ teaspoon garlic powder
- ½ teaspoon ground cumin
- ½ teaspoon onion powder
- ½ teaspoon smoked paprika
- 1-pound chicken tenderloins
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Soak the chicken tenderloins in olive oil.

3) Mix the rest of the ingredients and stir using your hands to combine everyth

4) Place the chicken pieces in the air fryer basket.

5) Cook for 25 minutes at 325F.

Nutrition information:

Calories per serving: 430; Carbohydrates: 4.1g; Protein:27.3g; Fat: 33.8g

Pasta with Turkey-Basil Red Sauce

Serves: 3

Cooking Time: 35 minutes

Ingredients

- 1 teaspoon white sugar
- 1/2 cup tomato sauce
- 1/2-pound lean ground turkey
- 1/4 teaspoon dried basil
- 2 cloves garlic, minced
- 7-ounce can stewed, diced tomatoes
- 8-ounce bow tie pasta, cooked according to manufacturer's Instructions

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add ground turk

2) For 10 minutes, cook on 360oF. Halfway through Cooking Time stir and crumble ground turkey.

3) Stir in basil, sugar, tomato sauce, and stewed tomatoes. Mix well.

4) Cook for another 10 minutes, mixing well halfway through Cooking Time.

5) Stir in cooked pasta and mix well.

6) Cook for another 5 minutes, mix well.

7) Serve and enjoy.

Nutrition information:

Calories per Serving: 316; Carbs: 46.9g; Protein: 18.3g; Fat: 6.1g

Pepper-Salt Egg ‘n Spinach Casserole

Serves: 6

Cooking Time: 20 minutes

Ingredients

- ½ cup red onion, chopped
- 1 cup mushrooms, sliced
- 1 red bell pepper, seeded and julienned
- 3 cups frozen spinach, chopped
- 3 egg whites, beaten
- 4 eggs, beaten
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a mixing bowl, combine the eggs and egg whites. Whisk until fluffy.

3) Place the rest of the ingredients in a baking dish and pour the egg mixture.

4) Place in the air fryer chamber.

5) Cook for 20 minutes at 3100F.

Nutrition information:

Calories per serving: 170; Carbohydrates: 4.8g; Protein: 9.3g; Fat: 12.6g

Peppery Lemon-Chicken Breast

Serves: 1

Cooking Time:

Ingredients

- 1 chicken breast
- 1 teaspoon minced garlic
- 2 lemons, rinds and juice reserved
- Salt and pepper to taste

Instructions

1) Preheat the air fryer.

2) Place all ingredients in a baking dish that will fit in the air fryer.

3) Place in the air fryer basket.

4) Close and cook for 20 minutes at 400F.

Nutrition information:

Calories per serving: 539; Carbohydrates: 11.8g; Protein: 61.8g; Fat: 27.2g

Pineapple Juice-Soy Sauce Marinated Chicken

Serves: 5

Cooking Time: 20 minutes

Ingredients

- 3 tablespoons light soy sauce
- 1-pound chicken breast tenderloins or strips
- 1/2 cup pineapple juice
- 1/4 cup packed brown sugar

Instructions

1) In a small saucepan bring to a boil pineapple juice, brown sugar, and soy sa
in chicken and pineapple. Let it marinate in the fridge for an hour.

2) Thread pineapple and chicken in skewers. Place on skewer rack.

3) For 10 minutes, cook on 360oF. Halfway through Cooking.Time, turnover

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 157; Carbs: 14.7g; Protein: 19.4g; Fat: 2.2g

Quick ‘n Easy Brekky Eggs ‘n Cream

Serves: 2

Cooking Time: 15 minutes

Ingredients

- 2 eggs
- 2 tablespoons coconut cream
- A dash of Spanish paprika
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Place the eggs and coconut cream in a bowl. Season with salt and pepper to

3) Pour into greased ramekins and sprinkle with Spanish paprika.

4) Place in the air fryer.

5) Bake for 15 minutes at 350F.

Nutrition information:

Calories per serving:178.1; Carbohydrates: 1.1g; Protein: 9.9g; Fat: 14.9g

Quick ‘n Easy Garlic Herb Wings

Serves: 4

Cooking Time: 35 minutes

Ingredients

- ¼ cup chopped rosemary
- 2 pounds chicken wings
- 6 medium garlic cloves, grated
- Salt and pepper to taste

Instructions

1) Season the chicken with garlic, rosemary, salt and pepper.

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill for 35 minutes and make sure to flip the chicken every 10 minutes.

Nutrition information:

Calories per serving: 287; Carbs: 2.9g; Protein: 50.4g; Fat: 8.2g

Radish Hash Browns with Onion-Paprika Spice

Serves: 6

Cooking Time: 10 minutes

Ingredients

- ¼ teaspoon ground black pepper
- ½ teaspoon paprika
- ¾ teaspoon salt
- 1 onion, chopped
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1-pound radish, peeled and grated
- 3 tablespoon coconut oil

Instructions

1) Preheat the air fryer for 5 minutes.

2) Place all ingredients in a mixing bowl.

3) Form patties using your hands and place individual patties in the air fryer b

4) Grease with cooking spray before closing the air fryer.

5) Cook for 10 minutes at 350F until crispy.

Nutrition information:

Calories per serving: 81; Carbohydrates: 5.7g; Protein: 0.9g; Fat: 6.1g

Reuben Style Chicken Roll-up

Serves: 2

Cooking Time: 15 minutes

Ingredients

- 1/4 teaspoon garlic salt
- 1/4 teaspoon pepper
- 2 boneless skinless chicken breast halves (4 ounces each)
- 2 slices deli corned beef
- 2 slices swirled rye and pumpernickel bread
- 2 slices Swiss cheese
- 2 tablespoons Thousand Island salad dressing
- Additional Thousand Island salad dressing, optional

Instructions

1) Tear bread into 2-
inch pieces and place in blender. Pulse until crumbly. Transfer to a shallow bc

2) With meal mallet, pound chicken to ¼*inch thick. Season with pepper and
and cheese. Roll chicken and secure ends with toothpick.

3) Brush chicken with dressing and dip in crumbs until covered totally.

4) Lightly grease baking pan of air fryer with cooking spray. Place rollups.

5) For 15 minutes, cook on 330oF preheated air fryer.

6) Turnover rollups and continue cooking for another 10 minutes.

7) Serve and enjoy with extra dressing.

Nutrition information:

Calories per Serving: 317; Carbs: 18.0g; Protein: 32.0g; Fat: 13.0g

Roast Chicken Recipe from Africa

Serves: 6

Cooking Time: 45 minutes

Ingredients

- ¼ cup fresh lemon juice
- ½ cup piri piri sauce
- 1 large shallots, quartered
- 1-inch fresh ginger, peeled and sliced thinly
- 3 cloves of garlic, minced
- 3 pounds chicken breasts
- Salt and pepper to taste

Instructions

1) Preheat the air fryer to 390F.

2) Place the grill pan accessory in the air fryer.

3) On a large foil, place the chicken top with the rest of the Ingredients.

4) Fold the foil and crimp the edges.

5) Grill for 45 minutes.

Nutrition information:

Calories per serving: 395; Carbs: 3.4g; Protein: 47.9g; Fat: 21.1g

Salsa on Chicken-Rice Bake

Serves: 4

Cooking Time: 65 minutes

Ingredients

- 2 skinless, boneless chicken breast halves
- 1 cup shredded Monterey Jack cheese
- 1 cup shredded Cheddar cheese
- 1/2 (10.75 ounce) can condensed cream of chicken soup
- 1/2 (10.75 ounce) can condensed cream of mushroom soup
- 1/2 onion, chopped
- 1-1/3 cups water
- 2/3 cup uncooked white rice
- 3/4 cup mild salsa

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add water, rice, for 25 minutes, cook on 360oF.

2) Remove foil and remove chicken and cut into bite sized pieces. Fluff rice a

3) In a bowl mix well, cheeses. In another bowl whisk well salsa, onion, crean chicken.

4) In same air fryer baking pan evenly spread ½ of rice on bottom, top with ½ and then ½ of cheese. Repeat layering process.

5) Cover with foil and cook for another 25 minutes. Remove foil and cook unt minutes.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 475; Carbs: 34.8g; Protein: 30.0g; Fat: 23.9g

Salsa Verde Over Grilled Chicken

Serves: 2

Cooking Time: 40 minutes

Ingredients

- ½ red onion, chopped
- ½ teaspoon chili powder
- 1 jalapeno thinly sliced
- 1 jar salsa verde, divided
- 1-pound boneless skinless chicken breasts
- 2 cloves of garlic, minced
- 2 tablespoons chopped cilantro
- 2 tablespoons extra virgin olive oil
- 4 slices Monterey Jack cheese
- Juice from ½ lime
- Lime wedges for serving

Instructions

1) In a Ziploc bag, add half of the salsa verde, olive oil, lime juice, garlic, chil marinate in the fridge for at least 2 hours.

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the chicken for 40 minutes.

5) Flip the chicken every 10 minutes to cook evenly.

6) Serve the chicken with the cheese, jalapeno, red onion, cilantro, and lime w

Nutrition information:

Calories per serving: 541; Carbs: 4.5g; Protein: 65.3g; Fat: 29.1g

Salted Meaty Egg Frittata

Serves: 3

Cooking Time: 20 minutes

Ingredients

- ½ pound ground beef
- 1 onion, chopped
- 3 cloves of garlic, minced
- 3 eggs, beaten
- 3 tablespoons olive oil
- Salt and pepper to taste

Instructions

1) Heat oil in a skillet under medium heat.

2) Sauté the garlic and onion until fragrant.

3) Add the ground beef and sauté for 5 minutes or until lightly golden. Set asi

4) Preheat the air fryer for 5 minutes.

5) In a mixing bowl, combine the rest of the ingredients

6) Place the sautéed beef in a baking dish that will fit in the air fryer chamber.

7) Pour over the egg mixture.

8) Cook for 20 minutes at 3200F.

Nutrition information:

Calories per serving: 461; Carbohydrates: 6.8g; Protein: 28.9g; Fat: 35.4g

Savory Chives ‘n Bacon Frittata

Serves: 4

Cooking Time: 15 minutes

Ingredients

- 1 tablespoon chives
- 6 eggs, beaten
- 6 uncured bacon, fried and crumbled
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) Mix all ingredients in a mixing bowl.

3) Pour the mixture in a greased baking dish that will fit in the air fryer.

4) Close and cook for 15 minutes at 350F.

Nutrition information:

Calories per serving: 255; Carbohydrates: 3.6g; Protein: 15.6g; Fat: 19.8g

Shishito Pepper Rubbed Wings

Serves: 6

Cooking Time: 30 minutes

Ingredients

- 1 ½ cups shishito peppers, pureed
- 2 tablespoons sesame oil
- 3 pounds chicken wings
- Salt and pepper to taste

Instructions

1) Place all Ingredients in a Ziploc bowl and allow to marinate for at least 2 hc

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill for at least 30 minutes flipping the chicken every 5 minutes and bastin

Nutrition information:

Calories per serving: 321; Carbs: 1.7g; Protein: 50.2g; Fat: 12.6g

Soy-Honey Glaze Chicken Kebabs

Serves: 8

Cooking Time: 36 minutes

Ingredients

- 1 clove garlic
- 1 red bell peppers, cut into 2-inch pieces
- 1/8 teaspoon ground black pepper
- 2 tablespoons and 2 teaspoons honey
- 2 tablespoons and 2 teaspoons soy sauce
- 2 tablespoons vegetable oil
- 2-1/2 small onions, cut into 2-inch pieces
- 4 skinless, boneless chicken breast halves cut into 1-inch cubes

Instructions

1) Whisk well pepper, soy sauce, honey, and oil. Transfer ¼ of the marinade t
hours.

2) Thread vegetables and chicken into skewers and place on sewer rack in air

3) For 12 minutes, cook on 360oF. Halfway through Cooking.Time, baste witl
skewers.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 179; Carbs: 12.4g; Protein: 17.4g; Fat: 6.6g

Spinach ‘n Bacon Egg Cups

Serves: 4

Cooking Time: 10 minutes

Ingredients

- ¼ cup spinach, chopped finely
- 1 bacon strip, fried and crumbled
- 3 tablespoons butter
- 4 eggs, beaten
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a mixing bowl, combine the eggs, butter, and spinach. Season with salt a

3) Grease a ramekin with cooking spray and pour the egg mixture inside.

4) Sprinkle with bacon bits.

5) Place the ramekin in the air fryer.

6) Cook for 10 minutes at 350F.

Nutrition information:

Calories per serving: 214; Carbohydrates: 2.2g; Protein: 9.4g; Fat: 18.6g

Spinach-Egg with Coconut Milk Casserole

Serves: 6

Cooking Time: 20 minutes

Ingredients

- ¼ cup coconut milk
- 1 onion, chopped
- 1 teaspoon garlic powder
- 12 large eggs, beaten
- 2 tablespoons coconut oil
- 3 cups spinach, chopped
- Salt and pepper to taste

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a mixing bowl, combine all ingredients except for the spinach. Whisk un incorporated.

3) Place the spinach in a baking dish and pour over the egg mixture

4) Place in the air fryer chamber and cook for 20 minutes at 3100F.

Nutrition information:

Calories per serving:185; Carbohydrates: 3.2g; Protein: 6.9g; Fat: 16.1g

Sriracha-Ginger Chicken

Serves: 3

Cooking Time: 25 minutes

Ingredients

- ¼ cup fish sauce
- ¼ cup sriracha
- ½ cup light brown sugar
- ½ cup rice vinegar
- 1 ½ pounds chicken breasts, pounded
- 1/3 cup hot chili paste
- 2 teaspoons grated and peeled ginger

Instructions

1) Place all Ingredients in a Ziploc bag and allow to marinate for at least 2 hou

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the chicken for 25 minutes.

5) Flip the chicken every 10 minutes for even grilling.

6) Meanwhile, pour the marinade in a saucepan and heat over medium flame u

7) Before serving the chicken, brush with the sriracha glaze.

Nutrition information:

Calories per serving: 415; Carbs: 5.4g; Protein: 49.3g; Fat: 21.8g

Sriracha-vinegar Marinated Chicken

Serves: 4

Cooking Time: 40 minutes

Ingredients

- ¼ cup Thai fish sauce
- ¼ cups sriracha sauce
- ½ cup rice vinegar
- 1 tablespoons sugar
- 2 garlic cloves, minced
- 2 pounds chicken breasts
- Juice from 1 lime, freshly squeezed
- Salt and pepper to taste

Instructions

1) Place all Ingredients in a Ziploc bag except for the corn. Allow to marinate

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the chicken for 40 minutes and make sure to flip the chicken to grill ev

5) Meanwhile, place the marinade in a saucepan and heat over medium flame

6) Brush the chicken with the glaze and serve with cucumbers if desired.

Nutrition information:

Calories per serving: 427; Carbs: 6.7g; Protein: 49.1g; Fat: 22.6g

Sticky-Sweet Chicken BBQ

Serves: 2

Cooking Time: 40 minutes

Ingredients

- ½ cup balsamic vinegar
- ½ cup soy sauce
- 1-pound chicken drumsticks
- 2 cloves of garlic, minced
- 2 green onion, sliced thinly
- 2 tablespoons sesame seeds
- 3 tablespoons honey

Instructions

1) In a Ziploc bag, combine the soy sauce, balsamic vinegar, honey, garlic, an the fridge for at least 30 minutes.

2) Preheat the air fryer to 330F.

3) Place the grill pan accessory in the air fryer.

4) Place on the grill and cook for 30 to 40 minutes. Make sure to flip the chick evenly.

5) Meanwhile, use the remaining marinade and put it in a saucepan. Simmer u

6) Once the chicken is cooked, brush with the thickened marinade and garnish onions.

Nutrition information:

Calories per serving: 594; Carbs: 43.7g; Protein: 48.7g; Fat: 24.9g

Sweet Lime ‘n Chili Chicken Barbecue

Serves: 2

Cooking Time: 40 minutes

Ingredients

- ¼ cup soy sauce
- 1 cup sweet chili sauce
- 1-pound chicken breasts
- Juice from 2 limes, freshly squeezed

Instructions

1) In a Ziploc bag, combine all Ingredients and give a good shake. Allow to m
fridge.

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Place chicken on the grill and cook for 30 to 40 minutes. Make sure to flip t
cook evenly.

5) Meanwhile, use the remaining marinade and put it in a saucepan. Simmer u

6) Once the chicken is cooked, brush with the thickened marinade.

Nutrition information:

Calories per serving: 563; Carbs: 39.2g; Protein: 43.6g; Fat: 25.7g

Teriyaki Glazed Chicken Bake

Serves: 2

Cooking Time: 25 minutes

Ingredients

- 2 tablespoons cider vinegar
- 4 skinless chicken thighs
- 1-1/2 teaspoons cornstarch
- 1-1/2 teaspoons cold water
- 1/2 clove garlic, minced
- 1/4 cup white sugar
- 1/4 cup soy sauce
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground black pepper

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add all Ingredier chicken in a single layer on bottom of pan.

2) For 15 minutes, cook on 390oF.

3) Turnover chicken while brushing and covering well with the sauce.

4) Cook for 15 minutes at 330oF.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 267; Carbs: 19.9g; Protein: 24.7g; Fat: 9.8g

Tomato, Cheese ‘n Broccoli Quiche

Serves: 2

Cooking Time: 24 minutes

Ingredients

- ½ cup Cheddar Cheese grated
- ½ cup Whole Milk
- 1 Large Carrot, peeled and diced
- 1 Large Tomato, chopped
- 1 small Broccoli, cut into florets
- 1 Tsp Parsley
- 1 Tsp Thyme
- 2 Large Eggs
- 2 tbsp Feta Cheese
- Salt & Pepper

Instructions

1) Lightly grease baking pan of air fryer with cooking spray.

2) Spread carrots, broccoli, and tomato in baking pan.

3) For 10 minutes, cook on 330oF.

4) Meanwhile, in a medium bowl whisk well eggs and milk. Season generousl parsley and thyme.

5) Remove basket and toss the mixture a bit. Sprinkle cheddar cheese. Pour eg cheese.

6) Cook for another 12 minutes or until set to desired doneness.

7) Sprinkle feta cheese and let it sit for 2 minutes.

8) Serve and enjoy.

Nutrition information:

Calories per Serving: 363; Carbs: 23.7g; Protein: 21.0g; Fat: 20.4g

Tomato, Eggplant ‘n Chicken Skewers

Serves: 4

Cooking Time: 25 minutes

Ingredients

- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cardamom
- 1 ½ teaspoon ground turmeric
- 1 can coconut milk
- 1 cup cherry tomatoes
- 1 medium eggplant, cut into cubes
- 1 onion, cut into wedges
- 1-inch ginger, grated
- 2 pounds boneless chicken breasts, cut into cubes
- 2 tablespoons fresh lime juice
- 2 tablespoons tomato paste
- 3 teaspoons lime zest
- 4 cloves of garlic, minced
- Salt and pepper to taste

Instructions

1) Place in a bowl the garlic, ginger, coconut milk, lime zest, lime juice, tomat

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Skewer the chicken cubes with eggplant, onion, and cherry tomatoes on bar

5) Place on the grill pan and cook for 25 minutes making sure to flip the chick cooking.

Nutrition information:

Calories per serving: 485; Carbs:19.7 g; Protein: 55.2g; Fat: 20.6g

Turmeric and Lemongrass Chicken Roast

Serves: 6

Cooking Time: 40 minutes

Ingredients

- 1 teaspoon turmeric
- 2 lemongrass stalks
- 2 tablespoons fish sauce
- 3 cloves of garlic, minced
- 3 pounds whole chicken
- 3 shallots, chopped
- Salt and pepper to taste

Instructions

1) Place all Ingredients in a Ziploc bag and allow to marinate for at least 2 hou

2) Preheat the air fryer to 390F.

3) Place the grill pan accessory in the air fryer.

4) Grill the chicken for 40 minutes making sure to flip every 10 minutes for ev

Nutrition information:

Calories per serving: 495; Carbs: 49.1g; Protein: 38.5g; Fat: 16.1g

Air Fryer Dessert Recipes

Angel Food Cake

Serves: 12

Cooking Time: 30 minutes

Ingredients

- ¼ cup butter, melted
- 1 cup powdered erythritol
- 1 teaspoon strawberry extract
- 12 egg whites
- 2 teaspoons cream of tartar
- A pinch of salt

Instructions

1) Preheat the air fryer for 5 minutes.

2) Mix the egg whites and cream of tartar.

3) Use a hand mixer and whisk until white and fluffy.

4) Add the rest of the ingredients except for the butter and whisk for another n

5) Pour into a baking dish.

6) Place in the air fryer basket and cook for 30 minutes at 400F or if a toothpic
out clean.

7) Drizzle with melted butter once cooled.

Nutrition information:

Calories per serving: 65; Carbohydrates: 1.8g; Protein: 3.1g; Fat: 5g

Apple Pie in Air Fryer

Serves: 4

Cooking Time: 35 minutes

Ingredients

- ½ teaspoon vanilla extract
- 1 beaten egg
- 1 large apple, chopped
- 1 Pillsbury Refrigerator pie crust
- 1 tablespoon butter
- 1 tablespoon ground cinnamon
- 1 tablespoon raw sugar
- 2 tablespoon sugar
- 2 teaspoons lemon juice
- Baking spray

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Spread pie crust

2) In a bowl, mix vanilla, sugar, cinnamon, lemon juice, and apples. Pour on t butter slices.

3) Cover apples with the other pie crust. Pierce with knife the tops of pie.

4) Spread beaten egg on top of crust and sprinkle sugar.

5) Cover with foil.

6) For 25 minutes, cook on 390oF.

7) Remove foil cook for 10 minutes at 330oF until tops are browned.

8) Serve and enjoy.

Nutrition information:

Calories per Serving: 372; Carbs: 44.7g; Protein: 4.2g; Fat: 19.6g

Apple-Toffee Upside-Down Cake

Serves: 9

Cooking Time: 30 minutes

Ingredients

- ¼ cup almond butter
- ¼ cup sunflower oil
- ½ cup walnuts, chopped
- ¾ cup + 3 tablespoon coconut sugar
- ¾ cup water
- 1 ½ teaspoon mixed spice
- 1 cup plain flour
- 1 lemon, zest
- 1 teaspoon baking soda
- 1 teaspoon vinegar
- 3 baking apples, cored and sliced

Instructions

1) Preheat the air fryer to 390F.

2) In a skillet, melt the almond butter and 3 tablespoons sugar. Pour the mixtu
in the air fryer. Arrange the slices of apples on top. Set aside.

3) In a mixing bowl, combine flour, ¾ cup sugar, and baking soda. Add the m

4) In another bowl, mix the oil, water, vinegar, and lemon zest. Stir in the cho

5) Combine the wet ingredients to the dry ingredients until well combined.

6) Pour over the tin with apple slices.

7) Bake for 30 minutes or until a toothpick inserted comes out clean.

Nutrition information:

Calories per serving: 335; Carbohydrates: 39.6g; Protein: 3.8g; Fat: 17.9g

Banana-Choco Brownies

Serves: 12

Cooking Time: 30 minutes

Ingredients

- 2 cups almond flour
- 2 teaspoons baking powder
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 over-ripe banana
- 3 large eggs
- ½ teaspoon stevia powder
- ¼ cup coconut oil
- 1 tablespoon vinegar
- 1/3 cup almond flour
- 1/3 cup cocoa powder

Instructions

1) Preheat the air fryer for 5 minutes.

2) Combine all ingredients in a food processor and pulse until well-combined.

3) Pour into a baking dish that will fit in the air fryer.

4) Place in the air fryer basket and cook for 30 minutes at 350F or if a toothpic out clean.

Nutrition information:

Calories per serving: 75; Carbohydrates: 2.1g; Protein: 1.7g; Fat: 6.6g

Blueberry & Lemon Cake

Serves: 4

Cooking Time: 17 minutes

Ingredients

- 2 eggs
- 1 cup blueberries
- zest from 1 lemon
- juice from 1 lemon
- 1 tsp. vanilla
- brown sugar for topping (a little sprinkling on top of each muffin- less than a teaspoon)
- 2 1/2 cups self-rising flour
- 1/2 cup Monk Fruit (or use your preferred sugar)
- 1/2 cup cream
- 1/4 cup avocado oil (any light cooking oil)

Instructions

1) In mixing bowl, beat well wet Ingredients. Stir in dry ingredients and mix t

2) Lightly grease baking pan of air fryer with cooking spray. Pour in batter.

3) For 12 minutes, cook on 330oF.

4) Let it stand in air fryer for 5 minutes.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 589; Carbs: 76.7g; Protein: 13.5g; Fat: 25.3g

Bread Pudding with Cranberry

Serves: 4

Cooking Time: 45 minutes

Ingredients

- 1-1/2 cups milk
- 2-1/2 eggs
- 1/2 cup cranberries1 teaspoon butter
- 1/4 cup and 2 tablespoons white sugar
- 1/4 cup golden raisins
- 1/8 teaspoon ground cinnamon
- 3/4 cup heavy whipping cream
- 3/4 teaspoon lemon zest
- 3/4 teaspoon kosher salt
- 3/4 French baguettes, cut into 2-inch slices
- 3/8 vanilla bean, split and seeds scraped away

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Spread baguette s

2) In blender, blend well vanilla bean, cinnamon, salt, lemon zest, eggs, sugar, slices. Let it soak for an hour.

3) Cover pan with foil.

4) For 35 minutes, cook on 330oF.

5) Let it rest for 10 minutes.

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 581; Carbs: 76.1g; Protein: 15.8g; Fat: 23.7g

Cherries ‘n Almond Flour Bars

Serves: 12

Cooking Time: 35 minutes

Ingredients

- ¼ cup water
- ½ cup butter, softened
- ½ teaspoon salt
- ½ teaspoon vanilla
- 1 ½ cups almond flour
- 1 cup erythritol
- 1 cup fresh cherries, pitted
- 1 tablespoon xanthan gum
- 2 eggs

Instructions

1) In a mixing bowl, combine the first 6 ingredients until you form a dough.

2) Press the dough in a baking dish that will fit in the air fryer.

3) Place in the air fryer and bake for 10 minutes at 3750F.

4) Meanwhile, mix the cherries, water, and xanthan gum in a bowl.

5) Take the dough out and pour over the cherry mixture.

6) Return to the air fryer and cook for 25 minutes more at 3750F.

Nutrition information:

Calories per serving: 99; Carbohydrates: 2.1g; Protein: 1.8g; Fat: 9.3g

Cherry-Choco Bars

Serves: 8

Cooking Time: 15 minutes

Ingredients

- ¼ teaspoon salt
- ½ cup almonds, sliced
- ½ cup chia seeds
- ½ cup dark chocolate, chopped
- ½ cup dried cherries, chopped
- ½ cup prunes, pureed
- ½ cup quinoa, cooked
- ¾ cup almond butter
- 1/3 cup honey
- 2 cups old-fashioned oats
- 2 tablespoon coconut oil

Instructions

1) Preheat the air fryer to 3750F.

2) In a mixing bowl, combine the oats, quinoa, chia seeds, almond, cherries, a

3) In a saucepan, heat the almond butter, honey, and coconut oil.

4) Pour the butter mixture over the dry mixture. Add salt and prunes.

5) Mix until well combined.

6) Pour over a baking dish that can fit inside the air fryer.

7) Cook for 15 minutes.

8) Let it cool for an hour before slicing into bars.

Nutrition

information: Calories per serving: 321; Carbohydrates: 35g; Protein: 7g; Fat:

Chocolate Chip in a Mug

Serves: 6

Cooking Time: 20 minutes

Ingredients

- ¼ cup walnuts, shelled and chopped
- ½ cup butter, unsalted
- ½ cup dark chocolate chips
- ½ cup erythritol
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 tablespoon vanilla extract
- 2 ½ cups almond flour
- 2 large eggs, beaten

Instructions

1) Preheat the air fryer for 5 minutes.

2) Combine all ingredients in a mixing bowl.

3) Place in greased mugs.

4) Bake in the air fryer for 20 minutes at 3750F.

Nutrition information:

Calories per serving: 234; Carbohydrates: 4.9g; Protein: 2.3g; Fat: 22.8g

Choco-Peanut Mug Cake

Serves: 1

Cooking Time:20 minutes

Ingredients

- ¼ teaspoon baking powder
- ½ teaspoon vanilla extract
- 1 egg
- 1 tablespoon heavy cream
- 1 tablespoon peanut butter
- 1 teaspoon butter, softened
- 2 tablespoon erythritol
- 2 tablespoons cocoa powder, unsweetened

Instructions

1) Preheat the air fryer for 5 minutes.

2) Combine all ingredients in a mixing bowl.

3) Pour into a greased mug.

4) Place in the air fryer basket and cook for 20 minutes at 400F or if a toothpic
out clean.

Nutrition information:

Calories per serving: 293; Carbohydrates:8.5g; Protein: 12.4g; Fat: 23.3g

Coco-Lime Bars

Serves: 3

Cooking Time: 20 minutes

Ingredients

- ¼ cup almond flour
- ¼ cup coconut oil
- ¼ cup dried coconut flakes
- ¼ teaspoon salt
- ½ cup lime juice
- ¾ cup coconut flour
- 1 ¼ cup erythritol powder
- 1 tablespoon lime zest
- 4 eggs

Instructions

1) Preheat the air fryer for 5 minutes.

2) Combine all ingredients in a mixing bowl.

3) Place in greased mug.

4) Bake in the air fryer for 20 minutes at 3750F.

Nutrition information:

Calories per serving: 506; Carbohydrates: 21.9g; Protein: 19.3g; Fat: 37.9g

Coconut ‘n Almond Fat Bombs

Serves: 12

Cooking Time: 15 minutes

Ingredients

- ¼ cup almond flour
- ½ cup shredded coconut
- 1 tablespoon coconut oil
- 1 tablespoon vanilla extract
- 2 tablespoons liquid stevia
- 3 egg whites

Instructions

1) Preheat the air fryer for 5 minutes.

2) Combine all ingredients in a mixing bowl.

3) Form small balls using your hands.

4) Place in the air fryer basket and cook for 15 minutes at 400F.

Nutrition information:

Calories per serving: 23; Carbohydrates: 0.7g; Protein: 1.1g; Fat: 1.8g

Coconutty Lemon Bars

Serves: 12

Cooking Time: 25 minutes

Ingredients

- ¼ cup cashew
- ¼ cup fresh lemon juice, freshly squeezed
- ¾ cup coconut milk
- ¾ cup erythritol
- 1 cup desiccated coconut
- 1 teaspoon baking powder
- 2 eggs, beaten
- 2 tablespoons coconut oil
- A dash of salt

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a mixing bowl, combine all ingredients.

3) Use a hand mixer to mix everything.

4) Pour into a baking dish that will fit in the air fryer.

5) Bake for 25 minutes at 350F or until a toothpick inserted in the middle com

Nutrition information:

Calories per serving: 118; Carbohydrates: 3.9g; Protein: 2.6g; Fat:10.2g

Coffee ‘n Blueberry Cake

Serves: 6

Cooking Time: 35 minutes

Ingredients

- 1 cup white sugar
- 1 egg
- 1/2 cup butter, softened
- 1/2 cup fresh or frozen blueberries
- 1/2 cup sour cream
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 1/4 cup brown sugar
- 1/4 cup chopped pecans
- 1/8 teaspoon salt
- 1-1/2 teaspoons confectioners' sugar for dusting
- 3/4 cup and 1 tablespoon all-purpose flour

Instructions

1) In a small bowl, whisk well pecans, cinnamon, and brown sugar.

2) In a blender, blend well all wet Ingredients. Add dry Ingredients except for blueberries. Blend well until smooth and creamy.

3) Lightly grease baking pan of air fryer with cooking spray.

4) Pour half of batter in pan. Sprinkle half of pecan mixture on top. Pour the re with remaining pecan mixture.

5) Cover pan with foil.

6) For 35 minutes, cook on 330oF.

7) Serve and enjoy with a dusting of confectioner’s sugar.

Nutrition information:

Calories per Serving: 471; Carbs: 59.5g; Protein: 4.1g; Fat: 24.0g

Coffee Flavored Cookie Dough

Serves: 12

Cooking Time: 20 minutes

Ingredients

- ¼ cup butter
- ¼ teaspoon xanthan gum
- ½ teaspoon coffee espresso powder
- ½ teaspoon stevia powder
- ¾ cup almond flour
- 1 egg
- 1 teaspoon vanilla
- 1/3 cup sesame seeds
- 2 tablespoons cocoa powder
- 2 tablespoons cream cheese, softened

Instructions

1) Preheat the air fryer for 5 minutes.

2) Combine all ingredients in a mixing bowl.

3) Press into a baking dish that will fit in the air fryer.

4) Place in the air fryer basket and cook for 20 minutes at 400F or if a toothpic
out clean.

Nutrition information:

Calories per serving: 88; Carbohydrates: 1.3g; Protein: 1.9g; Fat: 8.3g

Coffee Flavored Doughnuts

Serves: 6

Cooking Time: 6 minutes

Ingredients

- ¼ cup coconut sugar
- ¼ cup coffee
- ½ teaspoon salt
- 1 cup white all-purpose flour
- 1 tablespoon sunflower oil
- 1 teaspoon baking powder
- 2 tablespoon aquafaba

Instructions

1) In a mixing bowl mix together the dry Ingredients flour, sugar, salt, and bak
2) In another bowl, combine the aquafaba, sunflower oil, and coffee.
3) Mix to form a dough.
4) Let the dough rest inside the fridge.
5) Preheat the air fryer to 400F.
6) Knead the dough and create doughnuts.
7) Arrange inside the air fryer in single layer and cook for 6 minutes.
8) Do not shake so that the donut maintains its shape.

Nutrition information:

Calories per serving: 113; Carbohydrates: 20.45g; Protein: 2.16g; Fat:2.54g

Crisped ‘n Chewy Chonut Holes

Serves: 6

Cooking Time: 10 minutes

Ingredients

- ¼ cup almond milk
- ¼ cup coconut sugar
- ¼ teaspoon cinnamon
- ½ teaspoon salt
- 1 cup white all-purpose flour
- 1 tablespoon coconut oil, melted
- 1 teaspoon baking powder
- 2 tablespoon aquafaba or liquid from canned chickpeas

Instructions

1) In a mixing bowl, mix the flour, sugar, and baking powder. Add the salt and

2) In another bowl, mix together the coconut oil, aquafaba, and almond milk.

3) Gently pour the dry ingredients to the wet ingredients. Mix together until w sticky dough.

4) Place the dough in the refrigerator to rest for at least an hour.

5) Preheat the air fryer to 370oF.

6) Create small balls of the dough and place inside the air fryer and cook for 1 fryer.

7) Once cooked, sprinkle with sugar and cinnamon.

8) Serve with your breakfast coffee.

Nutrition information:

Calories per serving: 120; Carbohydrates: 21.62g; Protein: 2.31g; Fat:2.76g

Crispy Good Peaches

Serves: 4

Cooking Time: 30 minutes

Ingredients

- 1 teaspoon cinnamon
- 1 teaspoon sugar, white
- 1/3 cup oats, dry rolled
- 1/4 cup Flour, white
- 2 tablespoon Flour, white
- 3 tablespoon butter, unsalted
- 3 tablespoon sugar
- 3 tablespoon pecans, chopped
- 4 cup sliced peaches, frozen

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Mix in a tsp cinn and peaches.

2) For 20 minutes, cook on 300oF.

3) Mix the rest of the Ingredients in a bowl. Pour over peaches.

4) Cook for 10 minutes at 330oF.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 435; Carbs: 74.1g; Protein: 4.3g; Fat: 13.4g

Easy Baked Chocolate Mug Cake

Serves: 3

Cooking Time: 15 minutes

Ingredients

- ½ cup cocoa powder
- ½ cup stevia powder
- 1 cup coconut cream
- 1 package cream cheese, room temperature
- 1 tablespoon vanilla extract
- 4 tablespoons butter

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a mixing bowl, combine all ingredients.

3) Use a hand mixer to mix everything until fluffy.

4) Pour into greased mugs.

5) Place the mugs in the fryer basket.

6) Bake for 15 minutes at 350F.

7) Place in the fridge to chill before serving.

Nutrition information:

Calories per serving: 744; Carbohydrates:15.3 g; Protein: 13.9g; Fat: 69.7g

Hot Coconut ‘n Cocoa Buns

Serves: 8

Preparation Time: 8 minutes

Cooking Time: 15 minutes

Ingredients

- ¼ cup cacao nibs
- 1 cup coconut milk
- 1/3 cup coconut flour
- 3 tablespoons cacao powder
- 4 eggs, beaten

Instructions

1) Preheat the air fryer for 5 minutes.

2) Combine all ingredients in a mixing bowl.

3) Form buns using your hands and place in a baking dish that will fit in the ai

4) Bake for 15 minutes for 3750F.

5) Once air fryer turns off, leave the buns in the air fryer until it cools complet

Nutrition information:

Calories per serving: 161; Carbohydrates: 4g; Protein: 5.7g; Fat: 13.6g

Keto-Friendly Doughnut Recipe

Serves: 4

Cooking Time: 20 minutes

Ingredients

- ¼ cup coconut milk
- ¼ cup erythritol
- ¼ cup flaxseed meal
- ¾ cup almond flour
- 1 tablespoon cocoa powder
- 1 teaspoon vanilla extract
- 2 large eggs, beaten
- 3 tablespoons coconut oil

Instructions

1) Place all ingredients in a mixing bowl.

2) Mix until well-combined.

3) Scoop the dough into individual doughnut molds.

4) Preheat the air fryer for 5 minutes.

5) Cook for 20 minutes at 350F.

6) Bake in batches if possible.

Nutrition information:

Calories per serving: 222; Carbohydrates: 5.1g; Protein: 3.9g; Fat: 20.7g

Lava Cake in A Mug

Serves: 4

Cooking Time: 15 minutes

Ingredients

- ¼ cup coconut oil, melted
- ¼ teaspoon vanilla powder
- 1 cup dark chocolate powder
- 1 tablespoon almond flour
- 2 tablespoons stevia powder
- 3 large eggs, beaten

Instructions

1) Preheat the air fryer for 5 minutes.

2) Combine all ingredients in a mixing bowl.

3) Grease ramekins with coconut oil and dust with chocolate powder.

4) Pour the batter into the ramekins and place in the fryer basket.

5) Close and bake at 3750F for 15 minutes.

Nutrition information:

Calories per serving: 251; Carbohydrates: 14.5g; Protein: 4.1g; Fat: 19.6g

Leche Flan Filipino Style

Serves: 4

Cooking Time: 30 minutes

Ingredients

- 1 cup heavy cream
- 1 teaspoon vanilla extract
- 1/2 (14 ounce) can sweetened condensed milk
- 1/2 cup milk
- 2-1/2 eggs
- 1/3 cup white sugar

Instructions

1) In blender, blend well vanilla, eggs, milk, cream, and condensed milk.

2) Lightly grease baking pan of air fryer with cooking spray. Add sugar and he melted and caramelized. Lower heat to 300oF and continue melting and swirli

3) Pour milk mixture into caramelized sugar. Cover pan with foil.

4) Cook for 20 minutes at 330oF.

5) Let it cool completely in the fridge.

6) Place a plate on top of pan and invert pan to easily remove flan.

7) Serve and enjoy.

Nutrition information:

Calories per Serving: 498; Carbs: 46.8g; Protein: 10.0g; Fat: 30.0g

Lusciously Easy Brownies

Serves: 8

Cooking Time: 20 minutes

Ingredients

- 1 egg
- 2 tablespoons and 2 teaspoons unsweetened cocoa powder
- 1/2 cup white sugar
- 1/2 teaspoon vanilla extract
- 1/4 cup butter
- 1/4 cup all-purpose flour
- 1/8 teaspoon salt
- 1/8 teaspoon baking powder

Frosting
Ingredients

- 1 tablespoon and 1-1/2 teaspoons butter, softened
- 1 tablespoon and 1-1/2 teaspoons unsweetened cocoa powder
- 1-1/2 teaspoons honey
- 1/2 teaspoon vanilla extract
- 1/2 cup confectioners' sugar

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Melt ¼ cup butte eggs, and sugar. Mix well.

2) Stir in baking powder, salt, flour, and cocoa mix well. Evenly spread.

3) For 20 minutes, cook on 300oF.

4) In a small bowl, make the frosting by mixing well all Ingredients. Frost bro

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 191; Carbs: 25.7g; Protein: 1.8g; Fat: 9.0g

Maple Cinnamon Buns

Serves: 9

Cooking Time: 30 minutes

Ingredients

- ¼ cup icing sugar
- ½ cup pecan nuts, toasted
- ¾ cup tablespoon unsweetened almond milk
- 1 ½ cup plain white flour, sifted
- 1 ½ tablespoon active yeast
- 1 cup wholegrain flour, sifted
- 1 tablespoon coconut oil, melted
- 1 tablespoon ground flaxseed
- 2 ripe bananas, sliced
- 2 teaspoons cinnamon powder
- 4 Medjool dates, pitted
- 4 tablespoons maple syrup

Instructions

1) Heat the ¾ cup almond milk to lukewarm and add the maple syrup and yea
to 10 minutes.

2) Meanwhile, mix together flaxseed and 3 tablespoons of water to make the e
soak for 2 minutes. Add the coconut oil.

3) Pour the flaxseed mixture to the yeast mixture.

4) In another bowl, combine the two types of flour and the 1 tablespoon cinna
flaxseed mixture and combine until dough forms.

5) Knead the dough on a floured surface for at least 10 minutes.

6) Place the kneaded dough in a greased bowl and cover with a kitchen towel.
the bread to rise for 1 hour.

7) While the dough is rising, make the filling by mixing together the pecans, b
tablespoon of cinnamon powder.

8) Preheat the air fryer to 390F.

9) Roll the risen dough on a floured surface until it is thin. Spread the pecan m

10) Roll the dough and cut into nine slices.

11) Place inside a dish that will fit in the air fryer and cook for 30 minutes.

12) Once cooked, sprinkle with icing sugar.

Nutrition information:

Calories per serving: 293; Carbohydrates: 44.9g; Protein: 5.6g; Fat:10.1 g

Melts in Your Mouth Caramel Cheesecake

Serves: 8

Cooking Time: 40 minutes

Ingredients

- 1 Can Dulce de Leche
- 1 Tbsp Melted Chocolate
- 1 Tbsp Vanilla Essence
- 250 g Caster Sugar
- 4 Large Eggs
- 50 g Melted Butter
- 500 g Soft Cheese
- 6 Digestives, crumbled

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Mix and press cr butter on pan bottom. Spread dulce de leche.

2) In bowl, beat well soft cheese and sugar until fluffy. Stir in vanilla and egg.

3) Cover pan with foil. For 15 minutes, cook on 390oF.

4) Cook for 10 minutes at 330oF. And then 15 minutes at 300oF.

5) Let it cool completely in air fryer. Refrigerate for at least 4 hours before sli

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 463; Carbs: 44.1g; Protein: 17.9g; Fat: 23.8g

Mouth-Watering Strawberry Cobbler

Serves: 4

Cooking Time: 25 minutes

Ingredients

- 1 tablespoon butter, diced
- 1 tablespoon and 2 teaspoons butter
- 1-1/2 teaspoons cornstarch
- 1/2 cup water
- 1-1/2 cups strawberries, hulled
- 1/2 cup all-purpose flour
- 1-1/2 teaspoons white sugar
- 1/4 cup white sugar
- 1/4 teaspoon salt
- 1/4 cup heavy whipping cream
- 3/4 teaspoon baking powder

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Add water, corns
minutes 390oF or until hot and thick. Add strawberries and mix well. Dot tops

2) In a bowl, mix well salt, baking powder, sugar, and flour. Cut in 1 tbsp and
on top of berries.

3) Cook for 15 minutes at 390oF, until tops are lightly browned.

4) Serve and enjoy.

Nutrition information:

Calories per Serving: 255; Carbs: 32.0g; Protein: 2.4g; Fat: 13.0g

Oriental Coconut Cake

Serves: 8

Cooking Time: 40 minutes

Ingredients

- 1 cup gluten-free flour
- 2 eggs
- 1/2 cup flaked coconut
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon xanthan gum
- 1/2 teaspoon salt
- 1/2 cup coconut milk
- 1/2 cup vegetable oil
- 1/2 teaspoon vanilla extract
- 1/4 cup chopped walnuts
- 3/4 cup white sugar

Instructions

1) In blender blend all wet Ingredients. Add dry ingredients and blend thoroug

2) Lightly grease baking pan of air fryer with cooking spray.

3) Pour in batter. Cover pan with foil.

4) For 30 minutes, cook on 330oF.

5) Let it rest for 10 minutes

6) Serve and enjoy.

Nutrition information:

Calories per Serving: 359; Carbs: 35.2g; Protein: 4.3g; Fat: 22.3g

Pecan-Cranberry Cake

Serves: 6

Cooking Time: 25 minutes

Ingredients

- 1 1/2 cups Almond Flour
- 1 tsp baking powder
- 1/2 cup fresh cranberries
- 1/2 tsp vanilla extract
- 1/4 cup cashew milk (or use any dairy or non-dairy milk you prefer)
- 1/4 cup chopped pecans
- 1/4 cup Monk fruit (or use your preferred sweetener)
- 1/4 tsp cinnamon
- 1/8 tsp salt
- 2 large eggs

Instructions

1) In blender, add all wet Ingredients and mix well. Add all dry Ingredients ex

Blend well until smooth.

2) Lightly grease baking pan of air fryer with cooking spray. Pour in batter. D
followed by pecans.

3) For 20 minutes, cook on 330oF.

4) Let stand for 5 minutes.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 98; Carbs: 11.7g; Protein: 1.7g; Fat: 4.9g

Poppy Seed Pound Cake

Serves: 8

Cooking Time: 20 minutes

Ingredients

- ¼ cup erythritol powder
- ¼ teaspoon vanilla extract
- ½ cup coconut milk
- 1 ½ cups almond flour
- 1 ½ teaspoon baking powder
- 1/3 cup butter, unsalted
- 2 large eggs, beaten
- 2 tablespoon psyllium husk powder
- 2 tablespoons poppy seeds

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a mixing bowl, combine all ingredients.

3) Use a hand mixer to mix everything.

4) Pour into a small loaf pan that will fit in the air fryer.

5) Bake for 20 minutes at 3750F or until a toothpick inserted in the middle co

Nutrition information:

Calories per serving: 145; Carbohydrates: 3.6; Protein: 2.1g; Fat: 13.6g

Pound Cake with Fresh Apples

Serves: 6

Cooking Time: 60 minutes

Ingredients

- 1 cup white sugar
- 1 teaspoon vanilla extract
- 1 medium Granny Smith apples - peeled, cored and chopped
- 1-1/2 eggs
- 1-1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 2/3 cup and 1 tablespoon chopped walnuts
- 3/4 cup vegetable oil

Instructions

1) In blender, blend all Ingredients except for apples and walnuts. Blend thoro

2) Lightly grease baking pan of air fryer with cooking spray. Pour batter.

3) Cover pan with foil.

4) For 30 minutes, cook on preheated 330oF air fryer.

5) Remove foil and cook for another 20 minutes.

6) Let it stand for 10 minutes.

7) Serve and enjoy.

Nutrition information:

Calories per Serving: 696; Carbs: 71.1g; Protein: 6.5g; Fat: 42.8g

Quick ‘n Easy Pumpkin Pie

Serves: 8

Cooking Time: 35 minutes

Ingredients

- 1 (14 ounce) can sweetened condensed milk
- 1 (15 ounce) can pumpkin puree
- 1 9-inch unbaked pie crust
- 1 large egg
- 1 teaspoon ground cinnamon
- 1/2 teaspoon fine salt
- 1/2 teaspoon ground ginger
- 1/4 teaspoon freshly grated nutmeg
- 1/8 teaspoon Chinese 5-spice powder
- 3 egg yolks

Instructions

1) Lightly grease baking pan of air fryer with cooking spray. Press pie crust or way up to the sides of the pan. Pierce all over with fork.

2) In blender, blend well egg, egg yolks, and pumpkin puree. Add Chinese 5-spice powder, nutmeg, salt, ginger,
cinnamon, and condensed milk. Pour on top of pie crust.

3) Cover pan with foil.

4) For 15 minutes, cook on preheated 390oF air fryer.

5) Remove foil and continue cooking for 20 minutes at 330oF until middle is s

6) Allow to cool in air fryer completely.

7) Serve and enjoy.

Nutrition information:

Calories per Serving: 326; Carbs: 41.9g; Protein: 7.6g; Fat: 14.2g

Raspberry-Coco Desert

Serves: 12

Cooking Time: 20 minutes

Ingredients

- ¼ cup coconut oil
- 1 cup coconut milk
- 1 cup raspberries, pulsed
- 1 teaspoon vanilla bean
- 1/3 cup erythritol powder
- 3 cups desiccated coconut

Instructions

1) Preheat the air fryer for 5 minutes.

2) Combine all ingredients in a mixing bowl.

3) Pour into a greased baking dish.

4) Bake in the air fryer for 20 minutes at 3750F.

Nutrition information:

Calories per serving: 132; Carbohydrates: 9.7g; Protein: 1.5g; Fat: 9.7g

Raspberry-Coconut Cupcake

Serves: 6

Cooking Time: 30 minutes

Ingredients

- ½ cup butter
- ½ teaspoon salt
- ¾ cup erythritol
- 1 cup almond milk, unsweetened
- 1 cup coconut flour
- 1 tablespoon baking powder
- 3 teaspoons vanilla extract
- 7 large eggs, beaten

Instructions

1) Preheat the air fryer for 5 minutes.

2) Mix all ingredients using a hand mixer.

3) Pour into hard cupcake molds.

4) Place in the air fryer basket.

5) Bake for 30 minutes at 350F or until a toothpick inserted in the middle com

6) Bake by batches if possible.

7) Allow to chill before serving.

Nutrition information:

Calories per serving: 235; Carbohydrates: 7.4g; Protein: 3.8g; Fat: 21.1g

Strawberry Pop Tarts

Serves: 6

Cooking Time: 25 minutes

Ingredients

- 1 oz reduced-fat Philadelphia cream cheese
- 1 tsp cornstarch
- 1 tsp stevia
- 1 tsp sugar sprinkles
- 1/2 cup plain, non-fat vanilla Greek yogurt
- 1/3 cup low-sugar strawberry preserves
- 2 refrigerated pie crusts
- olive oil or coconut oil spray

Instructions

1) Cut pie crusts into 6 equal rectangles.

2) In a bowl, mix cornstarch and preserves. Add preserves in middle of crust. fork to seal. Repeat process for remaining crusts.

3) Lightly grease baking pan of air fryer with cooking spray. Add pop tarts in minutes at 370oF.

4) Meanwhile, make the frosting by mixing stevia, cream cheese, and yogurt i pop tart and add sugar sprinkles.

5) Serve and enjoy.

Nutrition information:

Calories per Serving: 317; Carbs: 34.8g; Protein: 4.7g; Fat: 17.6g

Strawberry Shortcake Quickie

Serves: 4

Cooking Time: 25 minutes

Ingredients

- ¼ teaspoon liquid stevia
- ¼ teaspoon salt
- ½ cup butter
- ½ teaspoon baking powder
- 1 cup strawberries, halved
- 1 teaspoon vanilla extract
- 1/3 cup erythritol
- 2/3 cup almond flour
- 3 large eggs, beaten

Instructions

1) Preheat the air fryer for 5 minutes.

2) In a mixing bowl, combine all ingredients except for the strawberries.

3) Use a hand mixer to mix everything.

4) Pour into greased mugs.

5) Top with sliced strawberries

6) Place the mugs in the fryer basket.

7) Bake for 25 minutes at 350F.

8) Place in the fridge to chill before serving.

Nutrition information:

Calories per serving: 265; Carbohydrates: 3.7g; Protein:2.5 g; Fat: 26.7g

Vanilla Pound Cake

Serves: 12

Cooking Time: 30 minutes

Ingredients

- ¼ teaspoon salt
- ½ cup erythritol powder
- 1 vanilla bean, scraped
- 1/3 cup water
- 2/3 cup butter, melted
- 4 large eggs

Instructions

1) Preheat the air fryer for 5 minutes.

2) Combine all ingredients in a mixing bowl.

3) Pour into a greased baking dish.

4) Bake in the air fryer for 30 minutes at 3750F.

Nutrition information:

Calories per serving: 126; Carbohydrates: 2.3g; Protein: 1.6g; Fat: 12.3g

Yummy Banana Cookies

Serves: 6

Cooking Time: 10 minutes

Ingredients

- 1 cup dates, pitted and chopped
- 1 teaspoon vanilla
- 1/3 cup vegetable oil
- 2 cups rolled oats
- 3 ripe bananas

Instructions

1) Preheat the air fryer to 350F.

2) In a bowl, mash the bananas and add in the rest of the ingredients.

3) Let it rest inside the fridge for 10 minutes.

4) Drop a teaspoonful on cut parchment paper.

5) Place the cookies on parchment paper inside the air fryer basket. Make sure

6) Cook for 20 minutes or until the edges are crispy.

7) Serve with almond milk.

Nutrition information:

Calories per serving: 382; Carbohydrates: 50.14g; Protein: 6.54g; Fat: 17.2g

Zucchini-Choco Bread

Serves: 12

Cooking Time: 20 minutes

Ingredients

- ¼ teaspoon salt
- ½ cup almond milk
- ½ cup maple syrup
- ½ cup sunflower oil
- ½ cup unsweetened cocoa powder
- 1 cup oat flour
- 1 cup zucchini, shredded and squeezed
- 1 tablespoon flax egg (1 tablespoon flax meal + 3 tablespoons water)
- 1 teaspoon apple cider vinegar
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1/3 cup chocolate chips

Instructions

1) Preheat the air fryer to 350F.

2) Line a baking dish that will fit the air fryer with parchment paper.

3) In a bowl, combine the flax meal, zucchini, sunflower oil, maple, vanilla, a

4) Stir in the oat flour, baking soda, cocoa powder, and salt. Mix until well co

5) Add the chocolate chips.

6) Pour over the baking dish and cook for 15 minutes or until a toothpick inse

Nutrition information:

Calories per serving: 213; Carbohydrates:24.2 g; Protein: 4.6g; Fat: 10.9g